

Winter/Spring 2020

# heart *to* heart

Your local guide to good health  
from Samaritan Health Services

**Living life to the fullest  
after quick response to  
heart attack**





# From the president

Doug Boysen, JD, MHA  
President/Chief Executive Officer

## ‘It takes a village’ to support healthy communities

The year 2020 will be a significant one for health care in Oregon, including in our region.

In January, Oregon’s 15 Coordinated Care Organizations began new five-year contracts with the state that place increased focus on mental and behavioral health and also on a term you will be hearing more often: social determinants of health.

These determinants include key factors — such as access to healthy food, safe housing and reliable transportation — that contribute to overall health. With this new contract, InterCommunity Health Network Coordinated Care Organization (IHN-CCO) will be working more closely than ever with community partners to address these important issues related to health. In our region, Samaritan operates IHN-CCO with guidance from a multi-stakeholder board as well as local and regional community advisory committees.

In this issue, you’ll learn more about innovative collaborations taking place throughout our region to support population health and address the social determinants of health. Within Samaritan, this means that our health care team is expanding to include other roles focused on coordinating the care of our patients and improving the health of our communities.

This expanded focus is necessary because helping people stay healthy may involve making sure they have transportation to the doctor or to the grocery store, or ensuring they are connecting with housing assistance or options for dependable child care. Of course, we will always take care of those sick and injured, but building healthier communities also requires a very proactive approach to health and wellness.

In addition to participating in this broader health care team, Samaritan also invests in these efforts by

providing Social Accountability grants. Each year, Samaritan provides grants totaling more than \$500,000 to local non-profits to support their health-related initiatives. This year’s grants will be announced later in January and reflect innovative and effective efforts taking place throughout our region. (To learn more about the great work being done by those receiving Social Accountability grants, visit [samhealth.org/CommunityBenefit](https://samhealth.org/CommunityBenefit).)

As we continue to delve into this work, we are reminded of the important role played by so many of our community partners. Together, we are learning and developing best practices for what it truly means to “Build Healthier Communities Together.”

Sincerely,

## heart to heart

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### Letters to the editor

Please send your questions and comments to [feedback@samhealth.org](mailto:feedback@samhealth.org) or to: Julie Jones Manning  
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**Read about Jim Cline and how he is cherishing life after a heart attack. Story on page 2.**



**Read about Jon McKibben and how he has regained his freedom to adventure. Story on page 14.**

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# Living life to the fullest after quick response to heart attack

Jim Cline had just achieved a personal best on the strider machine at the SamFit gym in Newport, and the next thing he knew, he was waking up in the Emergency Department. After being told he'd had a heart attack, he asked to call his wife. The doctor dialed the phone and handed it to Jim.

"Hi, honey. I'm in the Emergency Room in Newport," Jim said when Amy Cline answered.

"What did you break?" she asked.

***"I think I broke my heart," Jim said.***

It was a rainy, chilly Monday morning in December. Deborah Olff, RN, a home health and hospice nurse at Samaritan Pacific Communities Hospital, was working out at the SamFit gym for the first time in two years when she saw Jim Cline collapse. Her basic training kicked in and she rushed to

his side to check his pulse. There was none. She began chest compressions while another person dialed 9-1-1. Jennifer Miller, the hospital's Physical Rehabilitation Department manager, also happened to be working out that morning. She took over chest compressions while Olff ran to get the Automatic External Defibrillator (AED).

Detecting no heartbeat, the AED shocked Jim's heart twice to try and restart his heart. By the time paramedics arrived, eight minutes later, Jim again had a pulse. Though it was Olff's first time doing CPR, her quick action may have saved Jim's life, and kept his heart from being damaged. Later, Cardiologist Sridhar Vijayasekaran, MD, told Jim that because CPR was started so quickly — within 10 to 15 seconds, and the AED was applied so quickly — within about 45 seconds — there was no detectable damage to his heart from the heart attack.

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The doctor told Amy her husband would be transferred to Good Samaritan Regional Medical Center. The Clines live in Siletz, so Amy left her house and waited to meet the ambulance at the highway junction.

"I followed him with my flashers on all the way over, including going through stop lights," she said. "The ambulance stopped, and they told me I could not go through stop signs or red lights. I said, 'They'll have to catch me.'"

At Good Samaritan Regional Medical Center three stents were placed in Jim's coronary arteries, and he was discharged in two days. He'd not had heart issues in the past, and the heart attack surprised him.

"I was dumbfounded when I had the heart attack, because I thought

I was doing the right things," he said. "Because I had been working out regularly for years, my heart was strong. I think that helped my recovery a whole lot, because I wasn't laying around getting a flabby heart."

Jim also credits cardiac rehabilitation at Samaritan Pacific Communities Hospital for helping him recover.

"They are enthusiastic and genuinely concerned about helping you get better," he said. "At my first session, they asked me about my goals and I said that by the end of the program I want to be back physically to where I was when I started."

Cardiac Rehab Exercise Specialist Nicole Schultz helped Jim reach his goals, in large part by setting limits for him.

"At the first session, I asked if I could start lifting again," said Jim. "She said no."

After two weeks of close monitoring of Jim's activity at the cardiac rehab gym, he was allowed to start lifting again, at 50% of what he had been doing before.

"By the end of cardiac rehab, I was at 95% of where I was, now I am above where I was," he said.

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When Jim called from the Emergency Department, he sounded fine to Amy, and even though he'd had a heart attack, it took a while for it to sink in.

"I'm a pretty stoic and optimistic person," she said. "I don't think the whole thing hit me until three or four weeks later. It was kind of surreal to know what the consequences could have been."

Just a few months before his heart attack, Jim had retired from 24 years of work in

management roles at the Rogue Brewery in Newport. At 65, he was looking forward to enjoying retirement. Jim and Amy went on a trip to the United Kingdom for a month, and they planned a variety of trips abroad and activities closer to home. He was excited to be able to work on his property without having to fit projects into the weekend. He focused maintaining good health — eating right and exercising.

Since the heart attack, he is even more committed to staying healthy. He worked out three days a week before, and now he goes to the gym five days a week. He is more careful about meal choices.

"I have not cut anything out," he said. "I moderate a lot more than I used to. Less red meat, more whole grains, more chicken."

Whether he is removing trees from his property to expand his gardens, spending time with his daughter and grandson, or going to a family reunion with Amy, Jim wants to be in good health and up to the task.

"I want to be able to spend time with my wife and travel with her," Jim said. "I worked a lot for a lot of years. We will have been married 40 years in September. I owe her what time I have left."

Learn more and watch a video about Jim's story at [samhealth.org/JimC](https://samhealth.org/JimC).

# Building *moments* together

# New lifesaving heart treatment offered in Corvallis



Samaritan Heart Center's new transcatheter heart valve program makes life-saving heart surgery available to even more patients in our region. Patients with severe aortic stenosis may now be candidates for transcatheter aortic valve replacement, or TAVR.

"Aortic stenosis is an increasingly common and serious valve disease in which the aortic valve becomes narrow, and blood is not adequately pumped through the heart," said Cardiologist Edward Toggart, MD. "The most common cause is the buildup of calcium deposits on the valve leaflets. It is most often diagnosed in older people and usually does not start causing symptoms until ages 70 or 80."

A person with aortic stenosis may feel chest pain, shortness of breath, dizziness or faint during activities. They may feel heart palpitations and their doctor may hear a heart murmur through a stethoscope. Left untreated, severe aortic stenosis can lead to heart failure and death.

In the past, an open-heart procedure was the only option for severe aortic stenosis requiring surgery. The TAVR procedure is a minimally invasive alternative and is considered safer for many older patients for whom a major surgery could be prohibitively risky.

"A TAVR procedure is done using a long, thin, hollow tube, called a catheter, which is usually inserted through a blood vessel in the groin," said Cardiac Surgeon Edward Bender, MD. "Using high-tech imaging equipment, we guide the catheter, which carries a replacement valve, to your heart's damaged aortic valve, where the replacement valve is expanded."

In a TAVR procedure, the patient can be under less anesthetic and the recovery time is much faster — patients are usually up and about the next day, and on their way home within three days.

"A patient who has had the TAVR procedure often starts feeling better immediately, because they now have a working aortic valve," said Dr. Bender. "They'll likely be breathing normally and have more energy for everyday activities."

Not every severe aortic stenosis patient is an appropriate candidate for TAVR. For example, a patient must have a valve with three leaflets (tricuspid) rather than one with two leaflets (bicuspid). Endocarditis (infection of the heart) would disqualify a patient for TAVR.

"But for many older patients with severe, symptomatic aortic stenosis, TAVR can be a game changer," said Dr. Toggart. "We are so happy we are able to offer this minimally invasive procedure to patients who, in the past, would have been out of options."

*Samaritan Heart Center provides a wide range of advanced cardiology and cardiac surgery services, with clinics in Albany, Corvallis, Lebanon, Lincoln City and Newport, and also serves patients from Eugene, Salem and neighboring areas. For more information, visit [samhealth.org/Heart](http://samhealth.org/Heart) or call 888-263-6092.*



# Get heart smart with a free screening

To celebrate American Heart Month and raise awareness of heart health in our communities, Samaritan Health Services will offer free heart health screenings in Benton, Lincoln and Linn counties. The heart screenings are set for 8 a.m. to noon on the following dates:

- **Feb. 1: Newport** | Samaritan Pacific Communities Hospital, Center for Health Education, 740 SW 9th St.
- **Feb. 8: Corvallis** | Good Samaritan Regional Medical Center, conference rooms A & B, 3640 NW Samaritan Drive
- **Feb. 15: Albany** | Samaritan Albany General Hospital, third floor conference rooms, 1046 6th Ave. SW
- **Feb. 22: Lebanon** | Samaritan Lebanon Community Hospital, conference room B, 525 N Santiam Hwy.
- **Feb. 29: Lincoln City** | Samaritan Lincoln City Medical Center, 2870 NE West Devils Lake Road

Tests take approximately 30 minutes, with the appointment lasting about 45 minutes. Screenings include a full lipid panel

with total cholesterol, glucose and blood pressure checks. Copies of test results will be provided so participants may follow up with their primary care provider.

Eight hours of fasting is required for accurate test results, and no food or beverages other than water should be consumed after midnight the night before the test. Most medications are okay to take, with water, prior to the screenings. Check with your primary care provider to be sure. Do not make any changes to your medication schedule without checking in with your provider. Also, do not put on hand lotion before the screening.

Refreshments will be provided at each screening for people to enjoy after their tests. Registration is required and space is limited.



**To schedule an appointment, call toll free 855-5-HEART-0 (855-543-2780).** If you make an appointment and find you will be unable to come, please call and let us know so the appointment time may be made available to someone else.



# Eat healthy when dining out

By Jeremy Warner, DO, Samaritan Heart Center

With all of the advances in cardiac care, amazing things can be done to repair and heal your heart, but the best medicine is always preventive medicine.

A heart healthy lifestyle that includes exercising, eating right and not smoking (all of those things your mom probably told you to do) will reduce your risk of heart disease and help you feel your best.

With the new year, many of my patients are starting or recommitting to a heart healthy diet — like a Mediterranean diet, or the low-salt, high-nutrient DASH diet. For most, it is relatively easy to incorporate healthy choices in meals at home, but then at a restaurant, all bets are off.

If you do like to go out to eat or sometimes have to grab food on the go, consider these tips for enjoying heart healthy meals.

**Do your research:** Go online or ask around to discover restaurants in your

area that serve healthy options. Some restaurants specialize in healthier fare, while others have nutritious, lower-fat choices alongside more standard menu items. Look for menus or meals that feature a lot of fresh vegetables.

**Be prepared:** You will be able to make healthy choices if you don't show up overly hungry. If it has been hours since you ate last, consider eating a handful of nuts or a cup of yogurt before you go so you don't feel inclined to overeat.

**Strategize:** Having a game plan can help you avoid unhealthy choices. Drink a glass of water beforehand to help you feel a little fuller from the get go, and while you're at it, enjoy water with your meal rather than soda. A glass of wine or beer with dinner is fine for most people, but limit alcohol and avoid sugary sweet mixers. Skip the bread basket and choose menu items that are steamed, grilled, roasted or poached, rather than breaded or fried to reduce fat. And you don't want fries with that. Choose the salad or broth-based soup instead.

**Pay attention:** Take your time and enjoy your meal. Notice the flavors and aromas and chew thoroughly. This mindfulness will help you make the most of your dining experience, while helping you avoid overeating. Restaurants often serve oversize portions, so do not aim to clean your plate. Keep "portion control" in mind and take home the leftovers to enjoy later.

**Treat yourself:** It may seem counterintuitive, but from time to time you can let yourself be a little indulgent, as long as you consider these choices in light of your overall diet. Studies have shown, allowing yourself a little flexibility tends to help you make healthier choices.

Find resources to keep your heart healthy at [samhealth.org/HeartHealthInfo](https://www.samhealth.org/HeartHealthInfo).

# Made to order: Heart healthy Buddha bowls

*Presented by Cardiology Fellow, Tyler Early, DO*

The great thing about Buddha bowls is you can customize each bowl to taste. Experiment by adding different veggies for your own tailored flavors.

1 ½ cups quinoa (can substitute brown rice or other grain)  
About 3 cups water  
2 large sweet potatoes, peeled and diced  
1 red onion, peeled and diced  
2 tablespoons olive oil, divided  
Salt and black pepper  
2 cloves garlic, finely minced  
1 tablespoon finely minced fresh ginger or ginger paste  
1 seedless English cucumber, peeled and diced  
3 cups baby spinach  
1 15-ounce can chickpeas, washed and drained  
Diced avocado  
Chopped, fresh cilantro

## **Peanut sauce:**

⅓ cup fresh lime juice  
¼ cup creamy peanut butter (or tahini)  
1 tablespoon soy sauce  
1 tablespoon sesame oil or toasted sesame oil  
1 teaspoon honey  
1 teaspoon chili-garlic sauce (optional)  
1 clove garlic, finely minced

## **Instructions**

Cook the quinoa according to package directions. You can substitute chicken broth for water if desired.

While the quinoa cooks, preheat the oven to 425°F. Toss the sweet potatoes and onion on a large sheet pan with 1 tablespoon of oil and a sprinkle of salt and pepper. Roast in the oven until tender, 20 minutes or so, flipping once or twice.

Heat a nonstick skillet over medium heat with 1 tablespoon oil. Add the garlic and ginger, sauté and set aside.

For the dressing, whisk or blend all the ingredients together until smooth (this can be done several days in advance and kept in the refrigerator).

Add a scoop of cooked quinoa to serving bowls. Add roasted sweet potatoes, onions, chickpeas, a handful of spinach, diced avocado, chopped cucumbers, garlic, ginger and a sprinkle of cilantro. Drizzle a little dressing over the top and dig in!

**Nutrition information:** *Because every bowl is different, nutrition content will vary. Buddha bowls made with these ingredients will have no cholesterol, and be high in protein, low in sodium and high in fiber.*





# Corvallis man finds health and hope

Samuel Salinas can't recall ever feeling this settled or hopeful.

His room at Van Buren House in Corvallis is quiet and safe. After living on the streets in Albany for four years and a lifelong battle with alcoholism, Salinas is finally resting more easily.

Salinas grew up in a home where his parents' use of alcohol created an unstable and sometimes unsafe environment. Salinas served in the military and later worked as a contractor building homes. He got married and had four kids. But his drinking created problems. Things got worse after the death of his teenage son in 2002. Feelings of depression led to poor choices that affected his relationships and eventually led to homelessness.

In the fall of 2018, Salinas ended up in the Emergency Department at Samaritan Albany General Hospital with diabetic complications. Lab results indicated Salinas had another serious illness. But attempts to locate him were unsuccessful because he didn't have an address. Then, Samaritan's Home Transitions team was summoned.

A nurse tracked down Salinas and arranged to meet him at a local park. She brought the lab results and encouraged him to seek immediate medical care.

When social worker Anita Earl learned of Salinas's circumstances, she knew that he would only get better if they could find a place where his basic needs were met: shelter, food, medicine and emotional support.

"Would you like help?" Earl asked Salinas.

"Yes," Salinas said. "Please, come get me."

Earl contacted Corvallis Housing First, an agency that helps people transition from homelessness to self-sufficiency. She arranged for Salinas to stay in a medical respite bed (a community service that is supported financially by Samaritan Health Services) until long-term housing could be secured.

During a recent conversation at Van Buren House, Salinas, 58, said he is grateful to be able to walk and bike from his new apartment in Corvallis while he undergoes radiation treatment for liver cancer. If he needs a ride to an

appointment, there are many people he can ask.

"It's like someone dug me up out of the ground," he said.

Not long ago, Salinas said he was too embarrassed to go to the doctor. Now, dignity has been restored for this father and veteran. He can shower, wash his clothes and cook something to eat at home.

Samaritan's Home Transitions team continues to support his health care needs. Another source of strength has come from the United Pentecostal Church in Corvallis, which he attends regularly.

"I am really grateful for everyone's support," Salinas said.

He wishes more people could receive the care he's been given.

Salinas wants to become like the people who never gave up on him, possibly by supporting other local people in need.

"I would love to help other people," he said. "I don't know what that's going to be yet."

# Population health offers a new approach in care

Community-based support like that being experienced by Samuel Salinas is made possible when communities take a holistic view of “health” and “care.”

“It’s about more than giving clinical care,” said Glen Cunningham, vice president of Population Health Services at Samaritan. “It’s about looking at all aspects of a person’s health – physical, mental and emotional well-being – and making sure they have the resources to manage their care. It’s about keeping people healthy.”

Together with community partners, Samaritan provides outreach and support in Benton, Lincoln and Linn counties. New tools are being used to analyze and respond to health needs. These include the software program, Unite Us, which links medical providers with community organizations that provide health-related services, such as food, housing and transportation.

Through its Community Health Promotion Department, Samaritan conducts comprehensive needs assessments every three years in all three counties. That information helps to establish priorities and goals that inform Samaritan’s grant-making efforts and other community investments.

Priorities from the most recent assessment, completed in December 2019, include:

- Food insecurity and poverty
- Access to medical, dental and behavioral health care
- Substance abuse prevention and treatment
- Homelessness, housing and transportation
- Child abuse and neglect

**Previous page:** *Sam Salinas enjoys the comforts of home since he moved to an apartment at the Van Buren House, which provides stability for people experiencing chronic homelessness.*

**Right:** *Sam Salinas reaches for Samaritan Home Transitions Social Worker Anita Earl, left, and Nurse Jen Bailey, right, who continue to support his health care needs.*

“We are really focused and intentional with this funding and the services and support we provide,” said JoAnn Miller, director of Community Health Promotion at Samaritan.

Information and applications for Samaritan’s Social Accountability Grants, which are awarded each fall, can be found at [samhealth.org/CommunityBenefit](https://samhealth.org/CommunityBenefit).

Meanwhile, Samaritan Internal Medicine in Corvallis is piloting an innovative approach to caring for people with debilitating conditions such as chronic obstructive pulmonary disease, insomnia and congestive heart failure. People can get one-stop help with managing their conditions by meeting with their entire care team in a 90-minute group appointment session.

In the voluntary program, patients rotate between seeing a clinical pharmacist to review their medications and answer questions, a focused exam with the clinician to close care gaps (such as needed lab tests or missing vaccinations), and a behavioral health psychologist to talk about wellness.

“Many conditions take a multidisciplinary approach to manage,” said Kristy Jessop-Shankowski, MD, medical director of Population Health at Samaritan. “It’s something we believe in.”





# STDs on the rise: Know how to protect yourself

A recent report from the Centers for Disease Control and Prevention found that sexually transmitted diseases (STDs) are on a “steep and sustained rise.” The report found that over the past four years, cases of gonorrhea have increased 67% and syphilis has increased 76%. Chlamydia remains the most commonly reported STD, with 1.7 million infections occurring annually.

“People often don’t realize they have an STD because they have no symptoms, and become unknowing spreaders of the disease,” said Sugat Patel, MD, from Samaritan Infectious Disease. “Awareness of disease hasn’t kept up with the increase in sexual activity.”

Dr. Patel reports that condom use, which is a reliable way to prevent STDs, is not as high as it should be and that misconceptions abound.

“I have many patients who say they use condoms and practice safe sex, but they aren’t using condoms with oral sex,” said Dr. Patel. “STDs can be transmitted to the genitals but also the anus and mouth.”

For older adults who aren’t worried about birth control or who may be unfamiliar with the risk of STDs after many years in a prior monogamous relationship, using condoms is still important when engaging in sexual activity with new partners. An AARP survey of sexually active adults over age 50 found that only one in five is using protection, even as STDs continue to rise across all age groups.

In addition to condoms, for individuals with a high risk of exposure to HIV, a pre-exposure prophylaxis pill, known as PrEP, may be an option to reduce the risk of HIV infection.



Dr. Patel recommends the following screening and prevention guidelines to help prevent the spread of STDs:

- Get tested at least annually if you are sexually active. Consider getting tested every three months if you have multiple partners, don’t use condoms or if you are a man who has sex with other men. Testing may include a blood test and swab samples around your genitals, anus and mouth.
- Get tested at the start of a new relationship.
- Use latex condoms for vaginal, anal and oral sex.
- If diagnosed with an STD, contact your partners from the previous 60 days so they can be screened.
- Get screened for hepatitis C, hepatitis B, hepatitis A, HIV, gonorrhea, chlamydia and syphilis if you are sexually active. Testing is easy (blood draw, swab and urine test), inexpensive and covered by insurance.
- Vaccinations to protect you against hepatitis B and hepatitis A are available and covered by insurance.
- Consider PrEP if you are at risk for HIV. Most insurance plans, including Oregon Health Plan, cover care.

## Local resources

All Samaritan primary care, OB/GYN, emergency departments, urgent care walk-in and SamCare Express clinics offer STD testing and treatment. Oregon Health Plan offers patients coverage for STD testing and treatment, including for HIV/AIDS, and covers 100% of hepatitis C treatment. A variety of community resources are available for testing, treatment and support. Call ahead or go online for more information.

### Benton Health Center

STD testing and treatment for patients who qualify, sliding scale: 541-766-6835

Free, anonymous HIV, hepatitis C and syphilis testing, call for sites and times: 541-740-0405

### HIV Alliance

Prevention education and resources, PrEP navigation program, and support for those with HIV/AIDS and hepatitis C in Oregon: 541-342-5088 | [hivalliance.org](http://hivalliance.org)

### Lincoln Community Health Center

STD testing and treatment for patients who qualify, sliding scale: 541-265-4947

Free, rapid HIV and hepatitis C testing: 541-265-0404

### Linn County Department of Health Services

STD testing offered at locations in Albany and Lebanon, sliding scale: 541-967-3888

### Valley Aids Information Network

Prevention education, resources and support for those with HIV/AIDS, hepatitis C and other STDs in Benton and Linn County: 541-752-6322 | [valleyaidsinfo.org](http://valleyaidsinfo.org)

Ask your primary care or OB/GYN provider about screening for STDs at your next wellness exam. If you are looking for a new provider, call 800-863-5241 to find one near you.

# Addressing underlying needs improves health and well-being

The greatest deterrent to following the doctor's orders isn't forgetfulness.

More likely, it's circumstances beyond a person's control, factors that might not seem related to a medical condition such as:

- Not having reliable transportation to get to a follow-up appointment.
- Loss of a job or change in finances that makes care or medicine unaffordable.
- Language barrier that prevents someone from understanding care instructions.

These are just a few examples of how the conditions we live in impact our health, like childhood experiences, education, housing, employment and income, as well as community aspects, such as access to social supports, health services and nutritious food.

Recognizing these conditions, known as the social determinants of health, is bringing many changes to patient care at Samaritan Health Services and to its many community partners.

Across the region, many initiatives are underway in partnership with community organizations to address issues such as poverty, food insecurity and homelessness. The hope is to keep people from ending up with urgent and emerging health needs.

"As a community, we need to make sure we provide these basic needs for people to maintain health and wellness in their community," said JoAnn Miller, director of Community Health Promotion at Samaritan.

Here are a few of the ways Samaritan is addressing the social determinants of health:

- Delivery Systems Transformation grants from the InterCommunity Health Network CCO, including Veggie RX, a program that gives patients vouchers to use at local farmer's markets.
- Food boxes for patients discharged from hospitals in Lincoln and Linn counties.
- Non-emergency medical transportation support for programs, including Cascades West Ride Line.
- Medical respite beds for people without housing who experience medical emergencies.
- Expansion of Samaritan Treatment & Recovery Services, with construction of a new 16-bed inpatient treatment facility in Lebanon set to open in 2020. The facility also includes additional space for outpatient programs.

To learn more about resources available in your community, visit [211info.org](http://211info.org) or call 2-1-1.

# For women, substance use and addiction look different

Seeking treatment for substance use disorders is a big step for those who need help, however women are often underrepresented on the path to recovery. Just as certain conditions like heart attack or stroke present differently in women than men, substance use disorders can look different in women, requiring different tools and techniques during treatment.

## Different triggers

- Biological factors can cause a woman's body to react differently to drugs and alcohol
- Cultural expectations, social influences and emotional management

## Barriers to treatment

- Fear of losing custody of a child
- Social stigma attached to substance use and parenting or pregnancy
- Mental health issues or depression due to past or current physical, sexual or emotional abuse
- Financial vulnerability and fear of treatment being too expensive

## Support for recovery

- Higher success rates are often seen when programs are designed in support of a woman's unique concerns

Addiction can be isolating, so don't underestimate the role you can play in helping others. Listen without judgment. Encourage treatment, even when it's hard. Find positive social activities that support the journey to better health.

It takes family, friends and a community that cares to offer women hope for a better life.

Read more on this topic and learn about treatment and recovery programs, at [samhealth.org/Recovery](https://www.samhealth.org/Recovery).





# NARCAN

... save a life.

[samhealth.org/NarcanSaves](http://samhealth.org/NarcanSaves)



## Narcan: From helpless to hero

Imagine if your lifesaving toolbox included something that could help an individual survive an opioid overdose — how empowering would that feel?

Narcan (also known as Naloxone) is a drug that has the potential to quickly stop the effects of opioid overdose — including slowed or stopped breathing. It is a nasal spray, making it easy to administer on someone experiencing an opioid overdose.

Why is this important? Opioid use in Oregon has steadily increased year-over-year, placing the state fourth in the nation for non-medical use of prescription opioids.

“Higher use of opioids typically means an increase in overdoses,” said Kelley Story, operations director of Samaritan Treatment & Recovery Services. “For the average person, there is often a feeling of helplessness — a mindset that they’re unable to alter the potential fate of someone that is overdosing from opioids. But if armed with the right tool like Narcan, anyone can be the hero in that moment.”

It’s important to know that Narcan only works on a person who is experiencing an overdose related to opioids. The effects are temporary and medical attention should still be sought.

As part of a three-year federal grant in East Linn and Lincoln counties, Samaritan is making Narcan more readily available and also enhancing prevention and support efforts in the region.

To learn more about how Samaritan Health Services is helping combat the opioid overdose epidemic in local communities through education and the distribution of Narcan kits, visit [samhealth.org/NarcanSaves](http://samhealth.org/NarcanSaves).



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# Avid hunter regains freedom to adventure after knee surgeries

Jon McKibben felt he belonged outdoors for as long as he can remember.

Hunting, fishing, hiking and working his wife's family homestead nestled in an oak grove in rural Jefferson, Oregon, are a way of life for the active 54-year-old helicopter mechanic. Even chronic knee pain couldn't keep him from doing everything he loved.

Despite his best effort to minimize his pain and continue enjoying the things he loved with his beloved wife, Becky, Jon noticed himself slowing down.

"I was taking Aleve and icing my knees every night no matter what I did," Jon recalled. "I wasn't ready to be laid up and not work, though."

Despite the discomfort, Jon continued to balance his time between moving heavy equipment and climbing ladders maintaining Life Flight Network helicopters and raking leaves and fixing up their eighth-generation family farm home.

Then things changed.

"I was unloading a new air compressor at work one day and it started to tip over. I didn't want to lose a new piece of equipment, so I bent to catch it, and my knee immediately gave way," he said.

While he cared for his knee by increasing his Aleve and icing routine, Jon quickly realized his knees were going to keep him from what he loved — scaling mountainsides and climbing down to rivers to drop a fishing line.

"I could still hunt, but I'd have to walk for 10 to 15 minutes, then sit down and rest my knees," he recalled. "I wasn't going to live that way."

Motivated by the need to be outdoors, Jon sought out a solution. After researching local options for joint replacement, he opted for Samaritan Albany General Hospital because of its exemplary quality rating. He made an appointment at Samaritan Mid-Valley Orthopedics in Albany, and after an initial appointment, some X-rays and an MRI, he set his path to getting new knees.

"I did everything I could to make sure I was putting in the work before surgery," said Jon. "I exercised, went to the education class and lined up everything I'd need for after surgery."

In 2017, Jon had his first knee replacement surgery with Stephen Newman, MD.

"I gave myself some time before going back for my second knee replacement."

In March 2019, Jon returned to Samaritan Albany General Hospital for surgery on his other knee. This time, he was greeted by Kelli Baum, DO, because Dr. Newman had retired.

"After going through my first surgery, I knew this program had been refined over many years. The cooperation between Dr. Baum's office, the hospital and the physical therapy team just clicked, and it worked great. They were a great team to have on my side."

Jon's surgery took place in the morning, and he was up walking the halls of the nurses' station by lunchtime.

"I didn't want to hold still," he recalled.

After returning home that same evening, Jon continued his recovery

from the comfort of his own home and Becky's loving care.

"I just kept telling myself — 'get out and go,'" he remembered. "I wanted to be back to work in six weeks, and I was determined to really use my knees by summer and fall."

And that's exactly what Jon did. Within six weeks, he returned to work, lifting, climbing and bending with ease.

"Becky and I used to dance occasionally when we were younger, but I just couldn't do it anymore with my knees."

But this past June, at his niece's backyard wedding, Jon and Becky hit the dance floor again.

"We danced out there with our nieces and nephews. We had so much fun. Everyone had a great time," he said with a smile.

The second long-awaited test approached in the fall with the opening of hunting season. Jon and Becky had planned their first hunting trip in Eastern Oregon after Jon's surgeries. Determined to keep up with his wife, Jon continued with his rehabilitation exercises while he packed his hunting gear and scouted the couple's planned hunting unit.

"I committed to living my life," he said.

And in November of 2019, Jon and his wife Becky returned to the wilderness, scaling mountains and seeking clear cuts, determined to fill his hunting tag.

"I've got my life back," Jon said. "And if just one person decides to commit to joint replacement from my story, then this was well worth it."

# Building *freedom* together



Learn more about Jon and his journey back to the wilderness at [samhealth.org/JonM](https://samhealth.org/JonM).

# Screenings, education contribute to decline in cancer-related deaths

Over the past 25 years, deaths from cancer in the U.S. in both men and women have steadily declined by 27%. Many factors contribute, but much is credited to education, prevention, screenings and early detection.

The Samaritan Cancer Program along with many community partners offers resources to aid in fewer deaths amongst those touched by cancer or who may be at risk.

## Cancer education:

- Information on prevention, screening guidelines and community resources.

## Smoking cessation programs:

- Workshops offer tools to help you quit and remain smoke free.

## Cancer screenings:

- Colorectal, breast, gynecological, prostate and other screenings save lives and are available throughout communities that Samaritan serves.
- In partnership with local dermatologists, free skin cancer screenings are available. Dates are posted on the American Academy of Dermatology website at [aad.org](http://aad.org).
- Free oral screenings and HPV education. Dates are posted on the Head and Neck Cancer Alliance website at [headandneck.org](http://headandneck.org).

Take an active role in your health. Try these tips and preventive measures that may help reduce your risk of cancer:

- Stay away from tobacco
- Achieve and stay at a healthy weight
- Move your body often
- Eat healthy
- Limit alcohol
- Protect your skin
- Get regular check-ups
- Know your family history and the potential for increased risk

## Want more on this topic?

Contact Samaritan Cancer Resource Center at 541-768-2171 or 541-812-5888.



# Festivities planned to honor cancer survivors

The Samaritan Cancer Program will host a National Cancer Survivors Day celebration to honor cancer survivors, their loved ones and support members on Sunday, June 7, from noon to 2:30 p.m.

The free event will be held at The LaSells Stewart Center on the campus of Oregon State University.

Enjoy good food, conversation, educational talks and more.

Advance registration is encouraged.

Visit [samhealth.org/CelebrateSurvivors](http://samhealth.org/CelebrateSurvivors) or call the Samaritan Cancer Resource Center at 541-768-2171.



## Garlic and spice make your health so nice

To enhance health benefits of meals, start with the spice drawer. Loaded with antioxidants, spice adds flavor without salt, fat or sugar.

Registered Dietitian Mica Ward, of Samaritan North Lincoln Hospital, recommends the following spices for their added health benefits:



**Turmeric:** Studies show turmeric inhibits the growth of cancer cells and helps prevent arthritis and Alzheimer's. Sprinkle on soups, salads and cereals.



**Ginger:** An anti-inflammatory food, ginger helps nausea and stimulates appetite. Buy it as a root and freeze in chunks.



**Garlic:** Allicin, the chemical which give garlic its distinct smell, is known for cancer-fighting properties and can lower cholesterol and triglycerides.



**Cinnamon:** A half-teaspoon daily is shown to lower glucose levels and triglycerides. Because it's naturally sweet, use in place of sugar.

# Community group urges conversation, planning for end-of-life care

It is human nature to put things off — especially things we would rather not think about — like dying. A group of retired professionals is encouraging people to have the important conversations about end-of-life care.

“People who have not done that can have unhappy endings,” said retired family physician David Cutsforth, MD.

Dr. Cutsforth is a member of the local chapter of Compassion and Choices, an organization that advocates for improved care and expanded options while empowering people to plan their end-of-life journey. Dr. Cutsforth along with his wife and retired educator Suzanne, retired physician David Grube, MD, retired educator Pam Wald, retired psychologist Steve Gallon, PhD, and his wife, Linda, a retired educator, have made more than a dozen informal community presentations. During the last three years, they’ve visited health clubs, senior centers, faith groups and high school health occupation classes.

Regardless the audience, the message is clear. Making a plan, reviewing it regularly and communicating with your loved ones and your medical provider is empowering.

“You can’t control all situations,” Wald said. “But then you can say, ‘Now I’m going to go out and live.’”

Even if people don’t complete an advanced directive or designate a health care representative, the conversation about your wishes is what’s most important. That way, your family will not have to agonize over whether they did not do enough or did too much.



*Volunteers (pictured left to right) David Cutsforth, MD, Pam Wald, Linda Gallon and Suzanne Cutsforth, prepare for a presentation by the local chapter of Compassion and Choices, an organization that helps people with end-of-life care planning.*

“You are giving a gift to your loved ones who may be in a position of having to make decisions for you,” Steve Gallon said.

It can be difficult to start the conversation about end-of-life care planning. Compassion and Choices members suggest bringing it up

casually. If you’re seeing this article, try this: “I just read an article that I’d like to talk with you about.”

Find end-of-life planning tools at [compassionandchoices.org](http://compassionandchoices.org) or find a free advanced directives class in your community at [samhealth.org/Classes](http://samhealth.org/Classes).

## Do you need a POLST?

Physician Orders for Life-Sustaining Treatment — or POLST — have been around for 24 years in Oregon yet many of us do not know about it.

POLST is a simple medical order that outlines the preferred treatment options of a patient with a progressive illness or condition who may be near the end of life.

It provides simple medical orders that can immediately be put into effect by any first responder or clinician.

It is a brightly colored, single-page standardized form that can be quickly identified by emergency responders throughout much of the United States.

The POLST Registry maintains a secure and confidential electronic record of POLST orders that can be accessed by emergency medical professionals during a crisis, when a paper copy cannot be found.

Visit [orpolstregistry.org](http://orpolstregistry.org) to learn more.

# Plan carefully to ease aging parents' transitions

Through our lives, many of us look to Mom or Dad as our biggest supporters. As they age, that role often reverses. To keep child and parent from feeling overwhelmed with new responsibilities and roles, take some steps toward a practical plan.

**Be organized.** Keep track of your thoughts and questions in a notebook and refer to it as you speak to your parent, siblings, medical staff and others.

**Consider key areas.** Thoughtfully consider your parent's needs as it relates to each of these eight areas: family support, home safety, health care, cognitive health, mobility, personal hygiene, meal preparation and social interaction.

**Consider your own needs.** Honestly assess your ability and availability to care for your parent. Never hesitate to reach out to others who have more expertise, ability and time to be the best support to an aging parent.

**Go slow with changes.** Unless it's an emergency, focus on one or two critical needs at a time and include the parent in decisions. Be a partner, not an adversary, when making changes.

To learn more, visit Aging and Disability Resource Connection of Oregon at [adrcforegon.org](http://adrcforegon.org) or call 855-673-2372.

## Going beyond nutrition and exercise to manage diabetes



More than 30 million people across the U.S. have diabetes, and one in three adults has prediabetes.

Samaritan clinicians saw more than 16,000 patients with diabetes throughout its service area in 2018.

Samaritan's diabetes education teams help patients manage their diabetes effectively. Through one-on-one counseling, lifestyle medicine classes and support groups, they make a difference in patients' lives.

In particular, the diabetes teams

offer classes to help individuals with prediabetes keep their condition from getting worse. These classes range from eight weeks in length to a year.

Classes go beyond healthy eating and exercise. Topics also cover stress management, problem-solving skills and motivation.

In Lincoln County, Samaritan's diabetes educators offer Prevent T2, a yearlong program from the U.S. Centers for Disease Control, designed for people with prediabetes. Approximately 24 people in Lincoln County have completed the program since 2017 when it was first offered, and average weight loss among all participants was 17 pounds.

"People can initially be concerned about committing to a year-long program, but those that are able to participate say the program is practical and something they can apply to their daily lives," said Ruth Moreland, diabetes

educator at Samaritan North Lincoln Hospital, who helps lead classes in Lincoln City and Newport.

In Lebanon, the diabetes team at Samaritan Lebanon Community Hospital has been offering the Complete Health Improvement Program (CHIP) from the Lifestyle Medicine Institute twice a year since 2016, and approximately 100 people have completed the 18-session class. Topics include nutrition, exercise and behavioral psychology principles to help people manage their blood sugar, cholesterol, behavioral health, weight and other health factors.

Several health journals, including the American Journal of Cardiology, have cited the program as producing significant drops in blood sugar, cholesterol and triglyceride counts among participants.

*continued on page 25 ...*

# Natural birth: A shared priority

You're having a baby and now it's time to create your birth plan. In your plan, you will specify your wishes and goals for before, during and after labor and delivery. There are benefits to both mom and baby for choosing a natural birth process.

## What is natural birth?

Natural childbirth is the labor and delivery of an infant without routine medical interventions such as anesthesia or Cesarean section.

## Benefits for mom

- Ability to choose different positions while laboring
- Changing positions can improve descent of baby and in turn may result in less pushing
- Option for utilization of a jacuzzi tub or birthing ball
- Lowers risk of maternal hypotension
- Allows mom to be ambulatory immediately after birth

## Benefits for baby

- Eliminates risk of negative effects from anesthesia
- Decreases chance for lack of blood flow or low heart rate
- Mom does not have to wait for anesthesia to wear off and can be more active with baby right after birth

## What would prohibit natural childbirth?

- Depending on timing, mom can opt for an epidural after labor has started
- Fetal distress
- Breech presentation of baby
- Large estimated weight of baby
- Placenta previa or placenta abruption
- Any maternal complication that threatens the stability of the mother or infant

At Samaritan, the priority during labor and delivery is to keep mother and baby safe and avoid need for intervention unless there are signs of distress. A vaginal delivery is our goal whenever possible.

"I value my role as a physician with Samaritan because I get to take care of the mother, infant and other family members," said Bridget Shariat, DO, an obstetrician at Samaritan Sweet Home Family Medicine. "Being a part of the entire process means developing a relationship with the family, discussing the normal process of labor and delivery and educating on the benefits of natural birth. I enjoy building options together."

Learn more about the birthing services available at each Samaritan hospital at [samhealth.org/Baby](https://www.samhealth.org/Baby).



# Good advice or old wives' tale?

We've all heard the different theories about how to predict your baby's gender and set labor into motion. What is true and what isn't? We recruited our very own Tessa Reff, MD, an obstetrician at Samaritan Sweet Home Family Medicine, to help debunk some of these long-told tales.

**If you're carrying high, it's a girl.** Only an ultrasound or blood work can confirm the gender of your baby.

**Having sex will induce labor.** Ejaculate contains prostaglandins which is in some medications used in the hospital to induce labor. As long as sexual activity is cleared by your doctor, testing out this theory will do no harm.

**Eating spicy foods can cause contractions.** The only thing spicy foods have to offer during pregnancy is heart burn.

**Using castor oil makes baby want to meet momma.**

Unfortunately, the only thing castor oil is likely to do is give you diarrhea.

**Nipple stimulation will progress labor.** Pumping with a breast pump mimics breastfeeding a newborn. This releases oxytocin, also known as Pitocin, which is a drug used in the hospital to induce labor. There is some evidence that this tale is true, but you should consult your doctor before trying.

**A slower fetal heart means you're having a boy.** Maybe, maybe not. Again, only an ultrasound or blood work can determine gender.

**Spinning crystals over your belly can predict baby's gender.** No. But, it is fun to do!



# Samaritan welcomes new health care providers



**Holly Cauthers, FNP**, has joined Samaritan Coastal Clinic in Lincoln City. She earned bachelor's degrees at Brigham Young University and Washington State University, and completed her nursing degree at University of South Alabama. She can be reached at 541-996-7480.



**James Crane, MD**, has joined Samaritan Urology – Corvallis. He earned a bachelor's degree at Emory University, a master's degree at Georgia State University and a medical degree at Medical College of Georgia. He can be reached at 541-768-5486.



**Carly Crider, DO**, has joined Samaritan Internal Medicine in Corvallis. She earned a bachelor's degree at Western Washington University and a medical degree at College of Osteopathic Medicine of the Pacific Northwest. She can be reached at 541-768-5140.



**Paul Daskalos, DO**, has joined Samaritan Gynecology & Surgical Associates. He earned a medical degree at the College of Osteopathic Medicine of the Pacific. He can be reached at 541-768-4680.



**Lindsey Felix, PhD**, has joined Samaritan Neuropsychology – Albany. She earned a bachelor's degree at Marquette University, followed by master's and doctoral degrees at Illinois Institute of Technology. She can be reached at 541-812-5760.



**Elisa Garrett, ANP**, has joined Samaritan Lebanon Health Center and specializes in geriatric care. She earned a bachelor's degree at Grand Canyon University and completed her nursing degree at Maryville University. She can be reached at 541-451-6282.



**Brynn Hancock, DO**, has joined Samaritan Heartspring Wellness Center in Albany. She earned a bachelor's degree at North Carolina State University and a medical degree at Edward Via College of Osteopathic Medicine. She can be reached at 541-812-5656.



**Andrea Jackson, PhD**, has joined Samaritan Neuropsychology – Albany. She earned a bachelor's degree at University of Wisconsin-Milwaukee, followed by master's and doctoral degrees at University of Windsor Main Campus. She can be reached at 541-812-5760.



**Richard Jones, DO**, has joined Samaritan Mental Health – Albany. He earned a bachelor's degree at the University of Kentucky and a medical degree at Pikeville College School of Osteopathic Medicine. He can be reached at 541-812-5060.



**Vanessa Layoun, MD**, has joined Samaritan Obstetrics & Gynecology in Corvallis. She earned a bachelor's degree at Northwestern University, and a medical degree and master's degree in public health at Oregon Health & Science University. She can be reached at 541-768-5300.



**Thien Choung "Richard" Ly, MD**, has joined Samaritan Mental Health Family Center. He earned a bachelor's degree at Simon Fraser University and a medical degree at The University of Queensland. He can be reached at 541-768-4620.



**Bethany Miller, DO**, has joined Samaritan Family Medicine – Geary Street. She earned a bachelor's degree at Western Oregon University, a master's degree at Willamette University and a medical degree at College of Osteopathic Medicine of the Pacific. She can be reached at 541-812-5570.



**Dara Mitchell, MD**, has joined Samaritan Mental Health – Albany. She earned a bachelor's degree at Colgate University and a medical degree at The University of Queensland. She can be reached at 541-812-5060.



**William Morrow, DO**, has joined Samaritan Family Medicine – Geary Street. He earned a bachelor's degree at University of North Carolina – Chapel Hill and a medical degree at Edward Via College of Osteopathic Medicine. He can be reached at 541-812-5570.



Need help finding a doctor?  
Visit us online at  
[samhealth.org/FindADoc](https://www.samhealth.org/FindADoc)  
or call 800-863-5241.



**Karine Shearon, ANP**, has joined Samaritan Lebanon Health Center and specializes in geriatric care. She earned a bachelor's degree at William Carey University and completed her nursing degree at Georgia State University. She can be reached at 541-451-6282.



**Raymond Simon, MD**, has joined Samaritan Family Medicine – Geary Street. He earned a bachelor's degree at Ohio State University and a medical degree at Northeastern Ohio Universities College of Medicine. He can be reached at 541-812-5570.



**Peter "Andrew" Sweeny, DO**, has joined Samaritan Albany Surgical Associates. He earned a bachelor's degree at Bryan College and a medical degree at Edward Via College of Osteopathic Medicine. He can be reached at 541-812-4580.



**Nick Tedesco, MD**, has joined Samaritan Orthopedics and Sports Medicine Center in Corvallis. He earned a bachelor's degree at Clemson University and a medical degree from University of New England College of Osteopathic Medicine. He can be reached at 541-768-4810.



**Zoryana Thompson, PA-C**, has joined Samaritan Gynecology & Surgical Associates. She earned a master's degree in physician assistant studies from Oregon Health & Science University. She can be reached at 541-768-4680.



**Patricia Krisar White, MD**, has joined Samaritan Mental Health – Corvallis. She earned a medical degree at University of Medicine and Pharmacy – Iuliu Hatieganu. She can be reached at 541-768-5235.

## Recipe: Golden granola

Granola is a nutritious snack for your whole family. Serve it over Greek yogurt for the perfect crunch or grab a handful as your movie night treat. It easily stores for up to four weeks in the refrigerator. Olive oil adds heart-healthy fats but leaves no trace of the flavor. It's a quick and healthy snack that promises to become your go-to.

Visit [samhealth.org/RecipeMinute](https://www.samhealth.org/RecipeMinute) to watch a cooking demonstration for this recipe and many others.

*Prep time: 10 minutes. Servings: 16*

### Ingredients

- 1 cup of nuts of your choice (used a mix of half cashews and half almonds)
- ½ cup of seeds of choice (used flax seeds and pepitas or pumpkin seeds)
- 2 cups of gluten free oats
- ½ cup of dried fruit of choice (used cranberries)
- ½ tablespoon of vanilla
- 3 tablespoons of maple syrup
- 2 tablespoons of olive oil
- ½ teaspoon of salt

### Preparation

1. Preheat oven to 350°F. Prepare a cooking sheet by lining it with parchment paper or a silicone cooking mat for easy clean up.
2. Rough chop the nuts and the dried fruit.
3. Mix all ingredients in a large bowl until everything is thoroughly coated. The granola mixture will be damp, but the oil will help it crisp up in the oven. Spread it out evenly over the pan. The more "clumped" together it is the more likely those clumps will stick together. Spread or "clump" to your preference.
4. Bake for 18 to 20 minutes, check and gently stir the granola if it's not as golden as you would like. Bake in additional five-minute increments to desired doneness to prevent burning.
5. Allow the granola to cool before eating. Serve as is or add to other dishes.

*Nutritional information per serving based on listed ingredients: Serving size: ¼ cup, Calories: 130, Carbohydrates: 15, Fat: 7, Protein: 3*

## Enjoy!

# Coastal hospital construction nears the finish line

The two new hospitals located in Lincoln County, both operated by the nonprofit Samaritan Health Services, are nearing completion.



On the shores of Devils Lake in Lincoln City, the lofty glass atrium and natural stone exterior of the new Samaritan North Lincoln Hospital captures attention. This new building, featuring the latest medical equipment and technology, will open in early February to offer complete inpatient and outpatient services with a patient- and family-centered focus. The nearby Building 5 has also been entirely renovated as the new home of Samaritan Physical Rehabilitation – Lincoln City, as well as many administrative offices, business offices, patient financial services and the new gift boutique, operated by the hospital auxiliary.



In Newport, the new Samaritan Pacific Communities Hospital is an impressive presence visible from Hwy. 101. The large three-story building houses most Samaritan medical clinics, along with the hospital and its supporting inpatient and outpatient services. Designed to provide superior patient care, the new facility offers the latest in medical technology and the ability to grow into the future. The portion of the old hospital known as the 88 Building is undergoing a complete remodel and retrofit for earthquake resiliency and, when completed in mid-March, will connect seamlessly to the new. As part of the full project, Samaritan Physical Rehabilitation – Newport has a spacious new home on the top floor of the nearby SamFit building.

Once both hospital buildings are open to the public, in early 2020, remaining unused structures will be demolished so that campus improvements can be completed. This is expected by late summer 2020 in Lincoln City and by early fall 2020 in Newport.

Watch for details about grand opening celebrations at [samhealth.org/NewHospitalNewport](http://samhealth.org/NewHospitalNewport) and [samhealth.org/NewHospitalLincolnCity](http://samhealth.org/NewHospitalLincolnCity).



ArtsCare musician, Nick Rivard, plays in patient rooms and waiting areas.

## Supportive healing through ArtsCare

Every day patients, visitors and caregivers benefit from Samaritan's ArtsCare program.

This groundbreaking program places artists in local hospitals to incorporate the arts into the process of healing. Specially trained artists and musicians work with patients in areas such as dialysis, ambulatory infusion, medical/surgical units, cardiac rehabilitation, mental health and the Mario Pastega House. Artists also offer workshops for cancer survivors and caregivers.

The artists work with various media including clay, drawing, painting, printmaking, fiber art, mixed media and many forms of creative writing. In addition, musicians visit the hospitals regularly to provide the healing sounds of the Native American flute, harp, viola, guitar and drums.

Beyond the arts activities that help patients heal, Samaritan has focused on incorporating art and aesthetics into its facilities.

"There is an established body of research that ties architectural improvements with improved health outcomes for patients and well-being for staff," said Ursula Marinelli, executive director for Pacific Communities Health District Foundation. "One of the hallmarks of the new Samaritan Pacific Communities Hospital is the original artwork throughout the facility – in public areas and patient exam rooms."

Many of the featured artists are residents of Lincoln County, and the artwork highlights nature and regional imagery.

Incorporating art into buildings during improvements and supporting ongoing funding for Samaritan's ArtsCare program is made possible in part by community donors who believe in the presence of art and music to enhance the health care experience, and promote physical and emotional well-being.

Visit [samhealth.org/Giving](http://samhealth.org/Giving) to support ArtsCare through your local hospital foundation.

**Top left:** The new Samaritan North Lincoln Hospital building entrance.  
**Bottom left:** The new Samaritan Pacific Communities Hospital Emergency Department entrance.

# Samaritan is Oregon's Healthiest Employer for sixth time



**Above:** Kelley Kaiser (left), chief administrative officer for Samaritan Health Services, receives the Healthiest Employer of the Year award from Lexi Garbarino from the Portland Business Journal.

Healthiest Employers, Inc. and the Portland Business Journal recently named Samaritan Health Services as Oregon's Healthiest Employer for the sixth time in seven years.

The award is based on a high level of employee participation in Samaritan's wide array of initiatives aimed at improving the health and well-being of its workforce. In the past year, 71% of Samaritan employees have participated in the organization's employee wellness programs.

"Engagement is the critical first step to achieving an individual's health goals, and our employees can choose from a wide variety of one-time and ongoing activities," said Doug Boysen, Samaritan president and CEO. "Their success stories are powerful, and they help fuel our long-term commitment to this important work."

*continued from page 19 ...*

"One participant applied what she learned, and she's done so well that she's been able to stop taking her insulin," said Angie Frederic, manager of the Lebanon diabetes team. "We've also noticed a drop in her cholesterol and fasting blood sugar."

Samaritan was named the healthiest employer of more than 5,000 employees in Oregon based on six categories:

- Culture and leadership commitment
- Foundational components
- Strategic planning
- Communications and marketing
- Programming and interventions
- Reporting and analysis

In 2018, Samaritan invited all staff to take a Culture of Wellness survey. Results from that survey led the organization to expand several of its wellness initiatives, including:

- Increased access to on-site produce sales with local farmers
- Financial wellness seminars on homebuying, debt consolidation, retirement planning, investments and budgeting
- Expanded fitness class offerings, health coaching and personal training through the four SamFit locations
- Creation of an Employee Engagement committee focusing on staff recognition and helping employees enhance their professional and personal lives
- Shining Star recognition program for employees to nominate peers who demonstrate PRIDE (passion, respect, integrity, dedication and excellence)

Samaritan also integrates many aspects of its wellness initiatives within its Samaritan Choice insurance plan for employees and their families. Beginning this past year, employees could earn points for having an annual physical, flu shot and routine screenings. The incentive is supported with year-round communications to keep important self-care reminders in the forefront.

The cost for CHIP is covered by some insurance plans, and Samaritan offers all diabetes prevention classes and support groups for free.

Visit [samhealth.org/Diabetes](http://samhealth.org/Diabetes) to learn more about classes offered near you.



# Outstanding employees recognized with Ignite Award

Samaritan has named nine employees to its prestigious Ignite Award through the first nine months of 2019.

The Ignite Award is Samaritan’s highest recognition of outstanding employees who demonstrate Samaritan PRIDE (passion, respect, integrity, dedication and excellence) in their work every day.

Those employees are:

- Rocio Badger, maternity care coordinator, Samaritan Albany General Hospital
- Kalyanii Kennedy, RN, BSN, care coordinator/discharge planner, Good Samaritan Regional Medical Center
- Amie Keys, RN, SANE (sexual assault nurse examiner) nurse, Samaritan Albany General Hospital
- Stephanie Marshall, RN, Samaritan North Lincoln Hospital
- Robyn McLemore, patient access specialist, Samaritan North Lincoln Hospital
- Scott Paul, RN, nursing supervisor, Good Samaritan Regional Medical Center
- Mythili Ransdell, MD, internal medicine and pediatrics, Samaritan Medical Clinics – North Albany
- Michele Roberts, RN, BSN, clinic care coordinator, Mid-Valley Children's Clinic
- Natalie Schendel, EKG tech, Samaritan Lebanon Community Hospital

- Sandi Stephens, certified nursing assistant, Samaritan North Lincoln Hospital

The Ignite Award was established in 2019, as part of Samaritan’s commitment to recognize and appreciate outstanding employees. The Employee Engagement Committee determines Ignite Award winners each quarter based on nominations from supervisors, co-workers, patients or visitors.

Selection criteria include:

1. Demonstrated evidence of Samaritan PRIDE
2. Example(s) of going “above and beyond” assigned job duties
3. Example(s) of proactively interacting with patients, visitors and/or co-workers
4. Example(s) of representing Samaritan in an exemplary manner through engaging with community partners, serving on various boards/committees or other means.

In addition to the award, Samaritan President/CEO Doug Boysen hosts an annual recognition event for all Ignite recipients and their guests.

**Above (from left):** Samaritan Health Services President/CEO Doug Boysen with Dr. Mythili Ransdell, Stephanie Marshall, Sandi Stephens, Kalyanii Kennedy, Michele Roberts and Robyn McLemore.

# Local physician takes on statewide leadership roles

Samaritan physician leader Kevin Ewanchyna, MD, is currently serving in two statewide positions:

- President of the Oregon Medical Association (OMA) — the first Samaritan physician to hold this position
- Vice-chairman of Governor Kate Brown's appointed committee to manage health care costs statewide

Dr. Ewanchyna's term as OMA president started at the end of September and concludes in September 2020. That's the same time frame for when the state committee will present its recommendations to the Oregon Health Policy Board.

His primary goals include:

- Highlight the importance of behavioral and mental health to patients and communities.
- Continue to serve as the OMA champion for the Steering Toward Health collaboration with the Oregon Health Authority and the American Medical Association. One of this collaboration's top goals is to reach more Oregonians with prediabetes to help them avoid their condition progressing to diabetes.

He has been involved with OMA since he started with Samaritan in 1997. He has served on the executive committee since 2015, including roles of member-at-large, secretary/treasurer, president-elect and now president. He also serves as the OMA alternate delegate to the American Medical Association.

The OMA serves to advance the needs of practicing physicians and physician assistants in the State of Oregon as they strive to improve the health outcomes for all Oregonians. The organization's membership includes more than 8,000 physician and physician assistants across the state.

"One of the most important tenets of the OMA is to better enhance and improve the practice lives of physicians and physician assistants, which in turn could help with clinician burnout and keep clinicians practicing, which ultimately will enhance patient care," he said. "Along with the Steering Toward Health initiative, other OMA initiatives from the past couple of years are related to opioid prescribing and pre-diabetes screening."

His appointment to the governor's cost committee follows other state committee memberships, including an appointment to a similar committee in 2018 that reviewed

various health care models that other states use to contain health care costs.

This new committee is charged with developing a proposal to control health care spending. This might include setting an annual growth rate and working with organizations that surpass the annual growth rate to determine the source of their costs. Dr. Ewanchyna said this will be a challenge, but he pointed to the coordinated care organization model as an example of successful cost containment that might be applied to all patient care.

"I have a personal goal to try to outline to the group the role that the Social Determinants of Health — financial security, housing, food security, education, to name a few — all play on an individual's and a population's health outcomes," Dr. Ewanchyna said. "We focus a lot on health care system costs and not enough about moving further upstream in a preventive and proactive way to look at community interventions related to health."

Serving on the state committee, he is proud to see Samaritan at the table with other health care organizations from across the state.

"I can represent the needs of the mid-valley and coast of Oregon, which may be very different from the needs of the state's higher-population areas," he said. "Being part of an integrated health delivery system that includes health plans puts Samaritan in a very unique position to partner with other entities to truly change the health outcomes of the patients and members that we serve."

## Meet Kevin Ewanchyna, MD



Dr. Ewanchyna joined Samaritan in 1997 as a family practice physician. He became the vice president of medical affairs at Samaritan in 2006, in which he oversaw all primary care clinics throughout the system.

In 2012, he transitioned to Samaritan Health Plans as the organization's chief medical officer. He continues to see patients in urgent care, leads the Samaritan Health Equity and Inclusion Council and teaches residents at Samaritan's family medicine resident clinics.

# 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](https://samhealth.org/Classes).



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## Cancer

- Art workshops for cancer survivors
- Cancer caregivers
- Cancer information
- Living with cancer
- Oncology and nutrition
- Physical activity
- Support groups
  - Breast cancer
  - Metastatic cancer
  - Men's cancer
  - Young adults

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## 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

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## Chronic pain or illness

- Living Well with Chronic Conditions
- Living Well with Chronic Pain
- PainWise

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## Community services

- Community medical clinics
- Disaster preparedness
- Free health checks for women
- Health education and information resources centers
- Hospice volunteer training

- Introduction to parish nursing
- No One Dies Alone
- Prayer shawl groups
- Volunteer

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## Diabetes

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

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## Health education & information

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

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## Support groups

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



Sign up at  
[samhealth.org/Classes](https://samhealth.org/Classes)

# Community health partners



## Keeping you informed

Sign up for Samaritan's e-newsletters by visiting [samhealth.org/Subscribe](https://samhealth.org/Subscribe).



### To Your Health

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



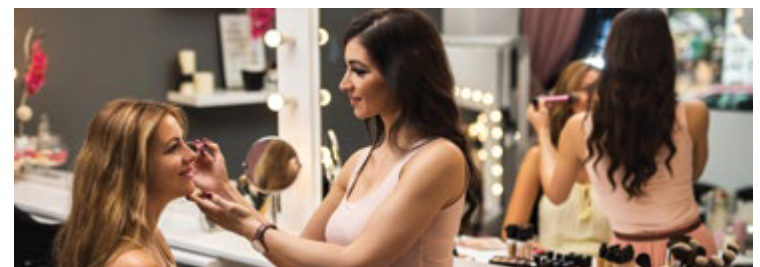
### Life with Diabetes

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



### Healthy Mind, 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 cosmetic specials and events.



# Building *wellness* together



Samaritan  
Health Services

[samhealth.org/Together](https://samhealth.org/Together)