

Spring/Summer 2024

heart *to* heart

Your local guide to good health
from Samaritan Health Services

A photograph of a man and a woman standing together, holding hands and smiling at each other. The man is on the right, wearing a dark blue button-down shirt and glasses. The woman is on the left, wearing a maroon top and glasses. They are in a home setting with string lights visible in the background.

**Local woman beats the
odds of cardiac arrest**



From the president

Doug Boysen, JD, MHA
President/Chief Executive Officer

While Oregon winters can certainly be cold and dreary, I think Oregon is the best place on the planet during the summer months. There are so many opportunities to be active outside, whether you are hiking through one of our local forests, taking walks along the beach or doing some gardening outside your back door. Being able to enjoy the summer sun and warm breezes is something to celebrate.

While recent years have provided some challenges for many of us, at Samaritan, we've found quite a bit to celebrate this season.

In Linn County, we're celebrating 100 years of care at Samaritan Albany General Hospital and honoring those visionaries along the way who saw a need and were moved to fill it. From facility enhancements and capital campaigns to emergency care and joint replacement, the work to sustain the hospital in Albany has been done by, with and for the community.

Across our service area, we're celebrating those people who have faced and overcome health challenges of all types including heart attacks, pediatric issues and cancer. Together we're learning how to spot early signs of illness, new ways to access care conveniently and precautions to stay as healthy as possible.

In this issue, we're also taking a moment to recognize some special individuals who are committed to our mission and achieving great things in our communities — a social worker in Corvallis pursuing a Paralympic dream, community partners in multiple counties collaborating to fill gaps in emergency response services, and auxiliary members on the Coast celebrating 50 years of service.

You'll find something to celebrate, whether uplifting or educational, in this issue of Heart to Heart. I hope you enjoy this issue and find your own inspiration to stay healthy and appreciate this season.

To your health,

On the cover: Albany resident Lynn Wiles (left) and her husband Kent are happy to tell their story of how they beat the odds when Lynn collapsed in their dining room from sudden cardiac arrest. Read about their experience on page 10.

heart to heart

©2024 by Samaritan Health Services

samhealth.org

Share your thoughts

Please send your questions and comments to feedback@samhealth.org or to:

Kimberly Schauer
VP Marketing & Communications
2300 NW Walnut Blvd.
Corvallis, OR 97330

Samaritan Health Services

Good Samaritan Regional Medical Center
InterCommunity Health Plans
Samaritan Albany General Hospital
Samaritan Health Plans
Samaritan Lebanon Community Hospital
Samaritan Medical Group
Samaritan North Lincoln Hospital
Samaritan Pacific Communities Hospital
SamFit

Contributors

Jason Amberg
Amanda Anderson
Rebecca Barrett
Candice Buchanan
Erin Crain
Leslie Fager
Jeri Hauth
Karl Maasdam Photography
Mary Jo Kerlin
Jeanne Krier
Amanda Loman
Mary Maberry
Jennifer Moody
Jennifer Nitson
Kimberly Schauer
Tricia Schug
Evonne Walls
Stephanie Wiegman
Mark Ylen

In this issue

Feature

- 2 'We have a need, let's fill it': Albany hospital marks 100th year
- 4 Emergency Medicine: A critical health care movement
- 5 Innovation leads to success for joint replacement program

Behavioral health

- 6 What to know about aging and cognitive decline
- 7 Trauma impacts physical and mental health
- 8 Determination, dedication fuels clinician's Team USA dream
- 9 Bilateral stimulation therapy helps break trauma barriers

Prevention

- 10 Local woman beats the odds of cardiac arrest
- 11 Heart attacks can look different for women
- 12 Positive reinforcement: Helping you and your child thrive
- 13 Refreshing lemon blueberry sorbet
- 14 Be cautious of repetitive overuse injuries in youth
- 15 What to know about your A1C
- 15 How to improve your blood sugar level

Your health

- 16 Minimize chemo-induced hair loss with scalp cooling
- 16 Celebrate being a cancer survivor
- 17 New online options make it easier to access medical care
- 18 Tips for a healthy trip abroad
- 19 Dine out — the heart-healthy way

Building healthier communities together

- 20 Collaboration closes gaps in emergency response services
- 22 Auxiliaries are a valuable part of Samaritan's team
- 23 Love and support come in a pink helmet
- 24 Generosity of community recognized by Samaritan Foundations
- 25 Recognizing our PRIDE Partners
- 26 SamFit reopens, gives thanks to YMCA
- 27 Samaritan welcomes new health care providers

Keeping you healthy

- 29 Resources to help you be well



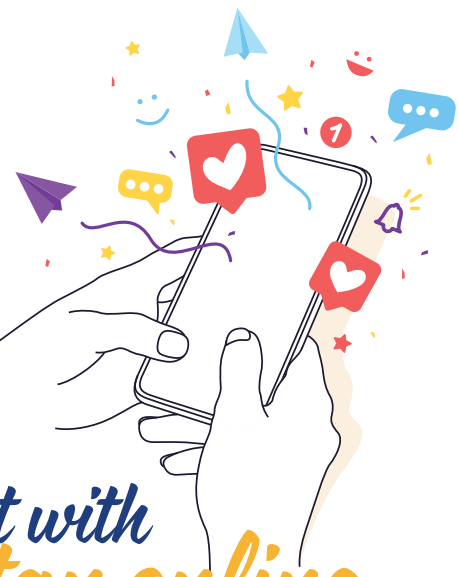
Celebrate Samaritan Albany General Hospital's 100th anniversary.
See pages 2 – 5.



Be inspired by a social worker's Team USA dream.
See page 8.



Read about the SamFit - Albany reopening.
See page 26.



Connect with Samaritan online

Scan me to learn more! Open the camera app on your smart phone or other device and scan the image to connect to more information at samhealth.org.



Find us on social media!

'We have a need, let's fill it': Albany hospital marks 100th year

A hundred years ago, four Albany physicians grew tired of treating patients in their living rooms.

One, Frank Beauchamp, MD, already had a delivery room and a five-bed maternity ward in his house on Third Avenue. He and fellow Albany doctors James Wallace, MD; George Fortmiller, MD; and James Robnett, MD, wanted a separate workshop that was set up specifically to meet patient needs.

With help from Albany attorney Art McMahon, the doctors pooled \$7,000 in cash to buy property on Elm Street between Sixth and Seventh avenues. Then the five sold bonds, asked for donations and put in thousands of dollars of their own money to gather a total \$60,000 for a 32-bed hospital.

The result: Albany General Hospital, now marking its centennial year.

"Albany General Hospital holds a special place in the city, and will continue to into its next 100 years, because it has earned the trust of its residents," said David Triebes, former hospital CEO and corporate vice president for Samaritan Health Services.

"People believe in it, they trust it and they go there," he said. "It's a great place still."

Albany residents did have a couple of hospital choices before Albany General Hospital was born.

St. Mary's Catholic Church had a hospital on Ellsworth Street, coordinated and staffed by the Sisters of Mercy, from 1908 to 1926. Beauchamp had his maternity ward. In addition, from 1914 to 1915, a home on Washington Street provided maternity services by a woman named Elmer Richardson.

None of the buildings were created to be patient care centers, however. The Sisters of Mercy worked in a grand Victorian that previously had been the church rectory. It had just one private room and another that could house up to 17 people, and nurses had to carry patients up a winding staircase after surgery.

In March 1924, the Albany Evening Herald announced a movement for "a new, modern, fireproof hospital, which will be up to date in every respect," and noted the building would

be financed by bond issue and turned over to the public on retirement of the bonds. That hospital welcomed its first patient, Pearl Hackett, on Nov. 23, 1924, for a 12-day stay at a total cost of \$36.

Community involvement has always been a hallmark of Albany General Hospital. Residents recognized that medical needs were growing right along with the population and responded accordingly.

Men who had trained at Camp Adair north of Corvallis found the mid-valley a welcoming place to live. The numbers of servicemen returning from World War II combined with the explosive growth of the baby boomers moved Albany's population, which had held at around 5,000, to 10,115 by 1950. Twenty years later, the figure nearly doubled again.

The hospital had undergone a 1928 addition and various remodeling efforts in the early 1950s. However, total admissions had skyrocketed, from about 200 in 1936 to 909 two decades later. The founding fathers were gone by then, but Marjorie Sexton, who became superintendent in 1946, and her board of directors knew the 1924 building wasn't up to the challenges of growth.

Board members had \$100,000 in a building fund, another \$11,000 from a Ford Foundation grant, and federal matching



funds of \$86,000 from the Hill-Burton Act. But they calculated it would take another \$225,000 to build a new wing and modernize the old.

Board member Orval Thompson, an Albany attorney, led the campaign. In 1985, he told Kim Sass, then the director of public relations, for the hospital's "Lifeline" magazine, that he knew firsthand how important the effort was.

Infant daughter Marion needed hospitalization in the 1950s, Thompson said, but there was no room to admit her. "Do you know what that Marge Sexton did?" Thompson told Sass. "She set up a cot in her office and watched Marion personally! It made quite a story when I asked people for their donations."

In October 1958, the hospital held a grand opening for the new 69-bed addition. For the first time, Albany General Hospital had a recovery room. Surgical suites tripled from one to three. Among other amenities, the addition had an expanded pediatrics section, an upgraded emergency space, a larger laboratory and a new physical therapy department.

"I think the hospital was an early adopter of fresh ideas," said Sass, now retired after a 32-year administrative career with the hospital and its foundation and serving as hospital historian.

Even that expansion wasn't going to be enough for the rapidly growing community, and the board knew it. In 1967, crews completed the first phase of a new building to face Sixth Avenue, finishing the second phase six years later. A successful \$1 million capital campaign in 1990 resulted in a critical care and coronary wing. The 1957 building was remodeled for use by the Linn County Health Department and the 1924 building was demolished to make room for a parking lot.

As technology grew and changed, hospital officials found that in some ways, they needed to expand outside the walls of the hospital to provide the best patient care.

In 1992, 31 physicians and specialists, together with nurse practitioners, nurse midwives and physician assistants, joined to form FirstCare Physicians. Everyone working together



meant a stronger ability to recruit for clinics and share services and volunteers. That led to the creation of the Geary Street Clinic and the first Women's Imaging Center, along with expansion of surgical services at the hospital. By 2007, Albany also had the Cancer Resource Center, and by 2012, it had the Evergreen Hospice House.

Sharing resources has strengthened the hospital in other ways. In 1999, Albany agreed to join Corvallis, Lebanon, Lincoln City and Newport in forming Samaritan Health Services, a regional partnership meant to help each hospital stay on top of regulatory costs and remain independent of larger organizations.

"This spirit of cooperation, combined with an openness to fulfill community needs, has been what has carried what is now Samaritan Albany General Hospital through a century of service," Sass said.

"The work has been done by the community, for the community and with the community," she added. "We have a need. Let's fill it."

Pictured left: Original 1924 Albany General Hospital building, circa 1930s.

Pictured above: Today, Samaritan Albany General Hospital is a 79-bed acute care facility and health center providing medical services to the greater Albany area.

Emergency Medicine: *A critical health care movement*



It's hard to believe that back in the 1930s, Albany General Hospital saw an average of just eight patients per month who sought emergency care. During this era, there were no specialized physicians dedicated to emergencies. Instead, a nurse from the hospital would be called to assist patients.

Fast forward to 1956 and the hospital's emergency department is serving around 100 patients monthly. The hospital relied on doctors taking a daily stint on emergency calls, while the nurses continued to staff emergency services 24 hours a day. This meant patients were seen by rotating family physicians, surgeons or another specialist.

It wasn't until the establishment of the American College of Emergency Physicians in 1968 and the approval of emergency medicine as a specialty by the American Board of Medical Specialties in 1979 that a turning point was marked.

In July 1973, a new six-bed Emergency Department was opened in the Albany hospital's new addition which provided much needed space. The department recruited its first full-time physician dedicated to emergency services and over the next two years the department was covered 24/7 by four physicians rotating 12-hour shifts.

By 1975, roles became more specialized with nurses, physicians, clerks and techs exclusively devoted to emergency medicine. Monthly visits had skyrocketed by 1977 to 1,600 patients, reflecting the demand for services in a growing community.

Over the next few decades, the Emergency Department continued to provide expanded services with the advancements of medical equipment and technology.

Before the hospitalist model was introduced in 2002, a patient's primary care physician would be called from their clinic to attend to their patient in the Emergency Department. Hospitalists exclusively provided inpatient care and facilitated a streamlined referral process for the patient's follow-up care.

A 2007 remodel expanded the department from six to 13 beds, and later incorporated specialized imaging and in-house laboratory testing.



While in the past the Albany hospital used contracted emergency medicine physicians, in 2023 the hospital transitioned to an employed physician model welcoming 13 physicians to serve the community. Today the Emergency Department serves an average of 2,100 patients every month.

"This has been a positive move for our community and staff," said Ken Marelich, nursing manager at Samaritan Albany General hospital. "We are now able to align our goals for quality patient care while improving care continuously."

The progression of Samaritan Albany General Hospital's Emergency Department is a fascinating journey, reflecting the changing landscape of medical practices, staffing and patient care.

Pictured bottom left: David L. Haffner, MD, was the hospital's first resident Emergency Department physician before the department operated 24 hours a day, 1987.

Pictured above: Cecillia Boland, ER tech, 1975.

Pictured right page: Maxine Lee (left) a recent orthopedic patient, talks to Julie Owens, patient care coordinator. They talked about what, if any, special assistance Lee might need when she gets home while recovering from surgery, 1976.



Innovation leads to success for joint replacement program

The first ever total knee replacement surgery was performed in 1968, starting a movement for total joint replacement surgeries that became widespread in the 1970s. The effectiveness of total knee and hip replacement surgeries has greatly increased with advances and improvements in techniques, implant designs and surgical materials.

Samaritan Albany General Hospital has performed joint replacements for more than four decades. About 15 years ago the hospital created Samaritan Health Service's first total joint replacement program. The innovative program was modeled after a plan used at St. Joseph Medical Center in Tacoma, Washington. The goal of the new program was clear: improve patient care by emphasizing a total team approach to the joint replacement process.

According to the College of Rheumatology, the demand for total knee and hip replacements has been steadily increasing, with approximately 790,000 total knee replacements and more than 450,000 hip replacements performed annually in the U.S. The increasing demand can mostly be attributed to the aging population.

Looking back, a lot has changed for the better in the recovery process. In 1975, the average knee surgery patient stayed at the hospital for up to four weeks to recover. Even as recently as the past decade there have been significant transformations to Albany's joint program.

"We've seen a huge shift from patients staying three nights for hip replacements and two nights for knee surgeries, but now most patients go home the same day," said Misty Samard, Total Joint Replacement Program coordinator at Samaritan Albany General Hospital.

Surgical improvements such as smaller skin incisions and advances in pain management have played a huge role in earlier discharge and recovery times.

"We used to utilize general anesthesia and now we typically use spinal anesthesia that allows patients the ability to stand and move just hours after surgery," said Samard.

"This allows them to return home and go back to normal daily activities sooner."

At the foundation of the program is a special class designed to provide patients with thorough information on every aspect of the joint replacement journey – from check-in through surgery and into rehabilitation services. Samard shared, "Our goal is to make the entire process as smooth as possible for our patients. The class prepares them on what to expect during their hospital stay and helps reduce their anxiety."

The program features a collaborative approach with a multidisciplinary team of experts – orthopedic surgeons, joint care nurses, physical therapists, occupational therapists and more – who ensure patients receive personalized, high-quality and comprehensive care. The program aims to provide patients with a successful outcome through an individualized, well-supported and guided recovery process.

"Our program gives patients their lives back and gives them hope and a goal to reach for – like being pain-free and active again. It helps them regain their independence," said Samard.

A major milestone for the program was its accreditation as a DNV GL Healthcare-certified Hip and Knee Replacement Center in 2020; only one of four hospitals in the state to receive this recognition.

"Receiving the DNV certification was very significant for the program. It was a huge collaboration to even put the program and pieces together," said Samard.

The program's reputation for excellence has attracted patients throughout the region. Samard actively seeks feedback from every patient, ensuring continuous improvement. She noted, "We continually adjust things to improve the program," emphasizing the hospital's commitment to evolving to meet the changing needs of its patients.

Learn more about total joint replacement at Samaritan Albany General Hospital at samhealth.org/JointReplacement.



What to know about aging and cognitive decline

What was that person's name? What was the reason I walked into this room? I know the word I want to say, but I just can't get it out! Fill in the blank for the story you have heard over and over without the storyteller knowing they are repeating it.

These are some common signs of cognitive decline, characterized by a decrease in memory and thinking skills.

"Forgetting the name of a familiar person or place, or repeating questions and stories can happen more frequently as we get older," said Amy LeRoy, PhD, with Samaritan Neuropsychology – Albany. "It does not necessarily mean a person is showing early signs of a cognitive disorder, such as dementia."

Some degree of cognitive decline is common with aging and it occurs most often in older adulthood. However, family history, lower education level, brain injuries, exposure to toxins, physical and social inactivity and chronic health conditions including Parkinson's disease, heart disease, stroke and diabetes are risk factors for developing cognitive decline beyond what is normal for typical aging, according to the Centers for Disease Control.

Sometimes, cognitive decline is the result of a treatable health condition like anxiety, depression and other mental health conditions, a sleep disorder, hearing loss or the after-effects of COVID. In these instances, memory and thinking can get better over time or with treatment.

Cognitive decline is different than dementia

Experiencing normal, age-related cognitive decline is not the same as having dementia. Dementia is progressive, which means it tends to get worse over time.

"The main difference is dementia significantly interferes with people's ability to function in their daily life," Dr. LeRoy said.

People with mild cognitive decline maintain social and occupational skills. With dementia, people's functional abilities have become compromised, such as their ability to maintain their finances, medications and/or meal preparation independently.

Activities to keep your brain active

There are many activities people can enjoy to stay cognitively active that stimulate the mind.

They include doing arts and crafts, reading, crossword puzzles, playing cards and participating in group discussions and social events. These activities are not only proven effective, but many are free or inexpensive to do.

"Art has even been shown to offer some reduction in the risk for dementia," Dr. LeRoy said.

Beware of brain training websites that charge fees and claim cognitive benefits that are not supported by research. While they may improve skills for practiced tasks, they have not been shown to improve a person's performance on a memory test.

Here are other ways to reduce cognitive decline:

- Staying physically active.
- Eating a heart-healthy diet.
- Engaging in regular social activity.
- Obtaining an adequate amount of restorative sleep.
- Refraining from smoking.
- Reducing alcohol consumption.
- Managing mental health conditions and stress.
- Addressing health conditions, such as high blood pressure and diabetes.

Learn how Samaritan is integrating art and healing through the Arts in Health Care program at samhealth.org/ArtsInHealth.



Trauma impacts physical and mental health

Most people will experience a traumatic event in their life. It is estimated between 70% and 90% of people will be affected. And two out of every three people experience a traumatic event before their 18th birthday.

"Trauma can be a single event, or a series of stressful events, that has a significant, negative impact," explained Psychologist Kiersten Kelly, PsyD, from Samaritan Medical Group Family Medicine – 26th Street.

"Trauma impacts our view of ourselves, others and the world," Dr. Kelly said. "Trauma can lead to serious mental and physical health consequences."

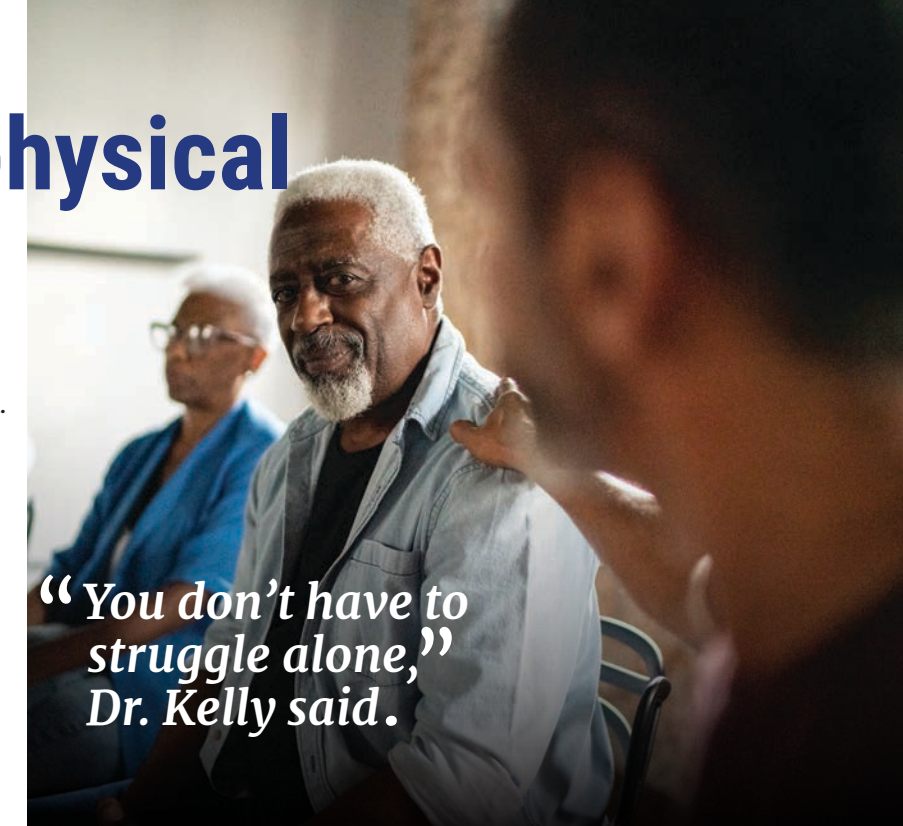
What are traumatic experiences?

Potentially traumatic events include military combat, sexual assault, disasters, a serious illness or injury or the death of a person or animal. People interpret the same events differently. Trauma can impact an individual, or it can be experienced by an entire community, causing concern for the safety and well-being of others.

"We all experienced a traumatic event with the onset of the COVID-19 global pandemic," Dr. Kelly said.

Trauma impacts physical and mental health

Trauma can increase the risk for depression, anxiety, post-traumatic stress disorder, also known as PTSD, and other mental health conditions, as well as physical conditions, including heart disease, respiratory disease, even cancer.



"You don't have to struggle alone," Dr. Kelly said.

Trauma impacts our stress response that controls the fight or flight and rest and digest functions.

"Our stress response becomes more easily activated," Dr. Kelly explained.

Recovery begins with safety

Most people recover from a traumatic event during the following months. Certain factors can protect people from serious long-term health impacts. Having the support of loved ones and access to health care and other resources after a traumatic event can make a difference. Caring for our health is crucial, including getting enough sleep, food, water, exercise, relaxation and social time.

"Following an exposure, we need to feel as safe as possible," Dr. Kelly said.

The emotional impacts of trauma may not be immediately apparent and can develop months or years later. Hopelessness, difficulty doing routine activities, anxiety, stress, sleeplessness or substance use to cope can be indicators help is needed from a behavioral or mental health provider.

Ask your health care provider about behavioral and mental health support available at many Samaritan primary care clinics.



Determination, dedication fuels clinician's Team USA dream

Three years ago, Jeremy Van Tress was lying in a hospital bed at his Corvallis home – breathing on a ventilator – watching the 2020 Paralympics from Tokyo on television.

Seeing the hand cyclists compete for gold spurred something in Van Tress. By the end of the competition, he became determined to start training for the 2024 Paralympics in Paris.

This decision took grit since he had been ventilated, lying in a hospital bed, for nearly three years due to amyotrophic lateral sclerosis, also known as Lou Gehrig's disease, or ALS.

But that day in the summer of 2021 (the 2020 Paralympics had been delayed for a year due to COVID-19), the former collegiate cross-country runner's competitive spirit ignited. Van Tress's intense determination and dedication changed his destiny.

Just three and a half years later, Van Tress, a licensed clinical social worker for Samaritan Health Services, rolled his wheelchair onto the victory stand in Adelaide, Australia, with two World Cup silver medals around his neck.

The life-changing process started in his hospital bed. The first step was seeing how long he could remain off his ventilator. It started with a half hour, then 45 minutes and then an hour.

"I did this all on my own, without any clinician supervision," said Van Tress. "I was a bad patient."

Van Tress and his wife, Courtney, have six children. His next goal was to get out of bed and spend time with his family.

Sitting in a recliner, Van Tress put together puzzles with his children. By then, he was off his ventilator for three hours at a time.

His next step was to see if he still had mobility in his upper body. Van Tress bought a tabletop handcycle and began working out.

Van Tress was no stranger to hard work. He had joined the Army more than a decade earlier, serving six years on active duty and three as a reservist. His veteran status helped him get his first entry level competitive handcycle through the U.S. Department of Veterans Affairs.

During his time in the reserves, he began to notice mild signs of hand weakness.

"I started to have a hard time opening jars," said Van Tress. "Then I noticed I was having issues running. I was uncoordinated. I started to fall."

Military veterans are twice as likely to get diagnosed with ALS, according to a study by the National Institutes of Health.

Van Tress is employed at Samaritan's Palliative Care offices in Albany and Lebanon and patients sometimes ask him about his experiences.

"If requested, I can be a resource for them in that way," said Van Tress. "I find that I have an ability to empathize."

During the three years Van Tress was bedbound, he earned a doctorate in social work from Walden University.

"I wanted to find a way to keep my brain sharp," he said. "I wanted something to challenge myself."

His dissertation was on ALS patients' socioecological resilience, self-determination and decision-making.

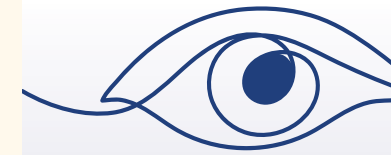
"That aligns with what I do for patients at work," he said.

Van Tress will be back on the World Cup circuit racing twice in May, once in Belgium and then in Italy. If he does make the 2024 Paralympic team, he will be back in Europe to compete in the World Championships held this year in Zurich, Switzerland.

Once the World Cup season winds down, Van Tress will set his sights on a spot on the U.S. Paralympics hand-cycling team to represent the U.S. this summer in Paris – less than four years after he watched the same competition from his hospital bed.

Watch Jeremy Van Tress share his story at samhealth.org/JeremyV.

Jeremy Van Tress displays one of his silver medals at the end of his Para-cycling Road World Cup event in Adelaide, Australia, in January.



Bilateral stimulation therapy helps break trauma barriers

In the aftermath of trauma, healing is possible.

Those who have experienced life-changing post-traumatic stress disorder from military combat, physical assault, rape, complex childhood trauma or a serious accident often live with deep emotional scars. Many can find relief and hope through a nontraditional, well-researched, evidence-based mental health treatment that uses eye movement desensitization and reprocessing, or EMDR.

According to Michael Crowe, a licensed medical family therapist with Samaritan, the eye movement in EMDR is similar to eye movement in REM sleep – the stage of sleep where most dreams and rapid eye movement behind the eyelids occur. Bilateral stimulation, whether through eye movement, sound beats through headphones or cross-armed shoulder taps is meant to activate both sides of the brain. This opens neuropathways that were interrupted or frozen during trauma, allowing the brain to resolve what's stuck in the subconscious.

Crowe has worked with trauma patients for more than 30 years.

"I was reluctant at first to use this therapy because it sounded a little woo woo to me. I was amazed then and continue to be. There have been very few people who haven't responded well to the EMDR. It's just amazing at trauma resolution," said Crowe.

What Crowe likes most about this therapy is it works on the pathology behind the problem.

"This therapy doesn't distress the person and make them relive the trauma over and over again like traditional trauma therapy," said Crowe. "I believe that just retraumatizes the person. With EMDR, we bring up the trauma to learn more about it but we don't want the patient to go into emotional distress about it."

According to Crowe, all the work happens in the patient's subconscious – where the trauma is stored. Once the brain knows what it's working on, the therapist can use EMDR to move out of the negative belief that's been instilled and into a more positive life view. Subconscious messages like "I'm no good, I'll always be a failure, all I'm good for is to be abused" get ingrained in the subconscious and the patient can turn those around.

"What makes this therapy most exciting is that it is very simple, it's non-intrusive to the patient and it achieves incredible results. It's like magic," said Crowe.

Michael Crowe, LMFT, can be reached at Samaritan Albany General Hospital Behavioral Health – Pleasant View at 541-812-3323.

Local woman beats the odds of cardiac arrest

Lynn Wiles of Albany knows firsthand that heart attack symptoms can be different in women.

The COVID-19 pandemic resulted in layoffs in her department at a local agency where her team provided job-placement assistance for developmentally disabled community members.

Worries about her clients, co-workers and staff added to the stress of navigating her life, career and being there for her family in the midst of the global pandemic.

So, when she started noticing subtle symptoms, she figured she was suffering from anxiety.

"I did have a tightening in my chest," she said. "If you make a fist and imagine that being inside of your chest cavity, that is what it felt like."

She became easily fatigued and started taking naps during the day.

"One time when I was gardening, I laid down on the lawn, I felt so tired," she said.

Both of her arms tingled and her hands felt achy.

"It's hard to explain, but I felt outside of my body," Lynn said. "I thought I was having anxiety attacks."

She did think it was strange when her cat suddenly started laying on her chest. Though her family has a history of heart disease, her blood pressure was normal, and she practiced a healthy lifestyle and diet. She had no idea she had a 99% blockage in an artery in her heart, but she thinks the cat knew.

The big event

She'd been experiencing symptoms for 10 days when it happened.

She and her husband, Kent, spent the morning running errands. As they were unloading groceries from the car, her husband came into the house to find his wife on the dining room floor. She wasn't moving. Her eyes were half open and she was making a strange gurgling sound that, they found out later, meant Lynn was near death.

Kent checked for her pulse and found none. As her lips started turning blue, he called 911, put the phone on speaker and started CPR – which he'd learned more than 40 years ago as a lifeguard in college but had never done before.

Following the instructions of the 911 operator, Kent did chest compressions and mouth-to-mouth resuscitation. After several minutes, a neighbor who is a physician's assistant heard the commotion, came in the open front door and took over CPR. When the paramedics arrived a short while later, they took over and administered shocks with an automated external defibrillator, or AED.

After establishing a pulse, the paramedics rushed Lynn to Good Samaritan Regional Medical Center where doctors concluded she had suffered a heart attack caused by the blockage in her artery. The heart attack (caused, essentially, by a plumbing problem in the heart) triggered the cardiac arrest (an electrical failure). She woke up later in

the ICU to find Kent had saved her life. A stent had been placed in her heart. She was going to be OK.

Beating the odds

According to the American Heart Association, cardiac arrests that happen outside a hospital claim the lives of nearly 350,000 people in the United States each year. Only about 10% survive. Many things lined up for Lynn that day to keep her on the "alive" side of this statistic.

Her husband usually worked long days serving seniors with disabilities, and it happened to be his day off. Trained in CPR, Kent knew what to do. Their neighbor, the physician's assistant, stepped up to help. Paramedics responded quickly and got her heart going again and, at Good Sam, doctors opened up the artery with a stent and started her on her path to recovery.

"My husband calls me a walking miracle," Lynn said.

Hindsight is 20-20, but Lynn knows now that she should have had the symptoms checked out by a doctor.

"I just wanted to be OK for my husband, daughter and cat," she said. "Women, and moms especially, a lot of them don't pay attention to their symptoms and deny them so that they will be OK for everyone else."

Sharing her experience

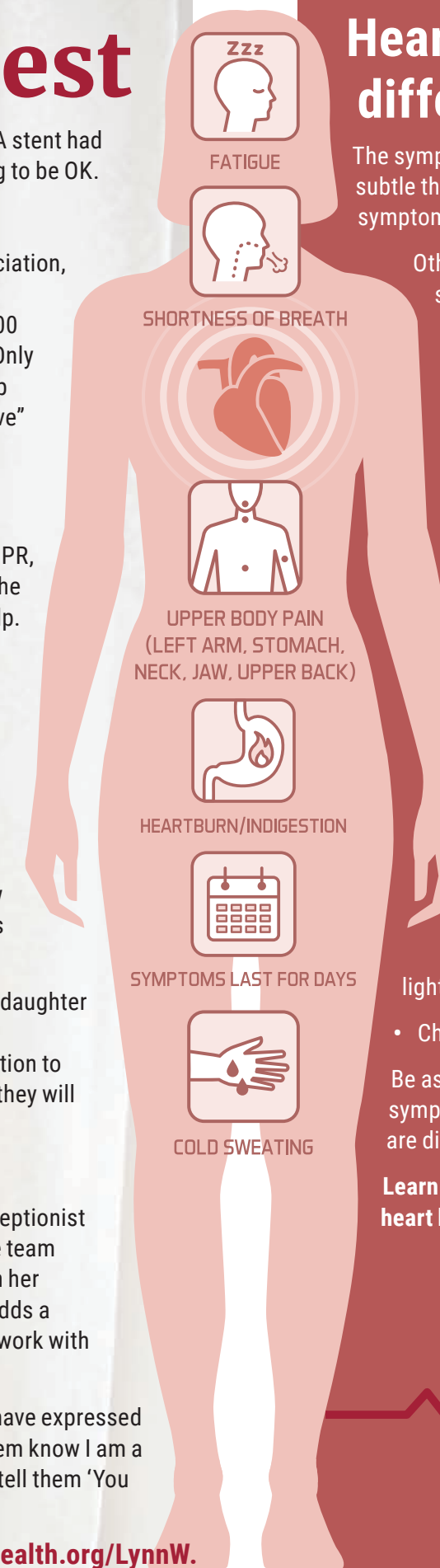
Lynn now works as a medical office receptionist at Samaritan Cardiology, along with the team that helped save her life and assisted in her recovery. Her experience as a patient adds a level of passionate engagement to her work with cardiac patients.

"There have been times when patients have expressed extreme anxiety to me and I have let them know I am a patient as well," Lynn said. "I'm able to tell them 'You are in really good hands here.'"

Watch Lynn tell her story at samhealth.org/LynnW.

Heart attacks can look different for women

The symptoms of a heart attack can be much more subtle than sudden chest pain. These more subtle symptoms occur more often in women than in men.



Other symptoms to be aware of include shortness of breath, cold sweats, fatigue, jaw and back pain, palpitations or heart racing, and gastrointestinal symptoms like nausea and indigestion.

When the symptoms are not what they expect, women might not seek care. That can have drastic consequences. Pay attention to your body and new symptoms, and call 911 and get to a hospital right away if you experience any of the following:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest lasting more than a few minutes or that goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Breaking out in a cold sweat, nausea or lightheadedness.
- Chest pain or discomfort.

Be as detailed as possible when describing your symptoms to the doctor. This helps ensure you are diagnosed correctly.

Learn about cardiac care at Samaritan and find heart health resources at samhealth.org/Heart.



Positive reinforcement:

Helping you and your child thrive

Raising children can feel overwhelming. You want to help your child grow into a capable and caring adult, without squashing their unique personality and spirit.

Using positive reinforcement instead of discipline can help you and your child thrive and experience growth.

“Praising your child’s good behavior versus focusing on the negative is proven to be more effective in helping a child learn and grow,” said Fagan Brown, a licensed clinical social worker at Samaritan Albany General Hospital Behavioral Health – Pleasant View. “We need to have consequences related to the behaviors, so we focus on teaching and not the punishment.”



Ways to use positive reinforcement:

Praise small wins. Focus on good behaviors that are small and maybe even seem ordinary. These small wins happen throughout the day and are good ways to compliment your child. This helps show them you support them and that they are doing well.

Give rewards. Have rewards for small steps that can help your child achieve a bigger goal. Don’t have a grand reward for a long-term goal that might seem unachievable to your child.

Have a routine. Every family is different, but a routine that works for your family can help everyone know what an average day will look like. This can help your child feel more empowered because they are part of the plan.

Be consistent. Consistency with praising your child as well as setting boundaries can help your child build the behavior you are trying to encourage. It helps reinforce that you see them trying and they are doing a good job.

Follow through. It is important to build trust with your child, which includes following through. This means not making a promise you will not keep. Give a reward when it is promised, as well as when an appropriate consequence is warned, always follow through with it.

Do not be afraid to ask for and get help when you need it. You can contact your child’s provider or a behavioral health provider. They can help your family and direct you to local resources.

Fagan Brown, LCSW, can be reached at Samaritan Albany General Hospital Behavioral Health – Pleasant View at 541-812-3323.



Refreshing lemon blueberry sorbet

by Becky Johnson, registered dietitian, Samaritan North Lincoln Hospital

Blueberries are one of nature’s most nutritious fruits. Full of fiber, antioxidants, vitamins and minerals, they can help lower cholesterol levels and blood pressure, control blood sugar and keep your digestive system running smoothly.

The sweet and tart berry is also extremely versatile. You can add them to salads, oatmeal, baked goods, smoothies, jams, drinks and more. Try this refreshing lemon blueberry sorbet to stay cool this summer.

Ingredients:

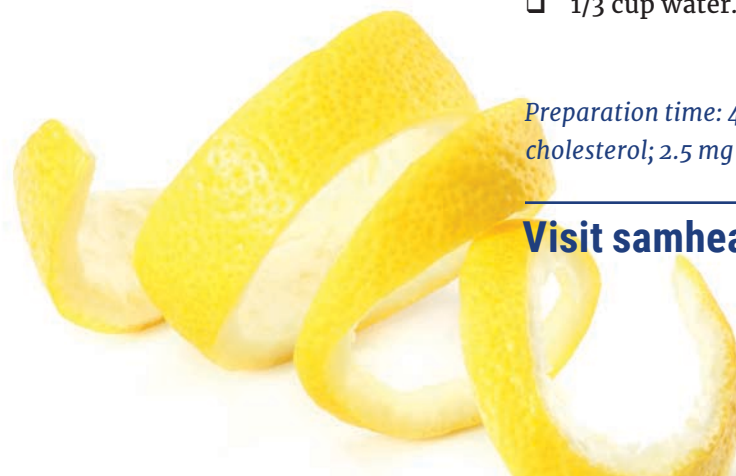
- ❑ 3 cups fresh blueberries, stemmed and rinsed.
- ❑ 2 tablespoons raw honey.
- ❑ 3 tablespoons freshly squeezed lemon juice.
- ❑ 1 teaspoon lemon zest (grate zest from lemon before juicing).
- ❑ 1/3 cup water.

Directions:

1. Line a rimmed baking sheet with parchment paper.
2. Pour the blueberries onto the parchment paper and separate as much as possible.
3. Place blueberries into the freezer overnight or for at least 4 hours.
4. Put frozen blueberries, honey, lemon juice, lemon zest and water into a food processor.
5. Process the mixture until the blueberries become crumbly, pressing down the mixture with a spatula as needed.
6. Continue to process until the mixture becomes smooth.
7. Taste for sweetness and add additional honey as needed.
8. Serve immediately or store in an airtight container in the freezer.

Preparation time: 4 hours | Cook time: 15 minutes | Servings: 4 | Nutrition information per serving: 98 calories; 0.4 g total fat; 0 mg cholesterol; 2.5 mg sodium; 25.5 g carbohydrates; 2.8 g fiber; 20 g total sugars (0 g added sugars); 0 g protein.

Visit samhealth.org/RecipeMinute for more healthy recipes.



Be cautious of repetitive overuse injuries in youth

Engaging in sports is a good way for children and teens to stay fit and develop social connections. However, their growing bones make them more susceptible to injury, particularly when muscles are repeatedly overused to the point of pain and inflammation.

“During episodes of growth in children and adolescents, it is not uncommon for the lengthening of a bone to outpace growth of related muscles and tendons. This irregular growth rate can leave muscles and tendons tight and inflexible and more susceptible to injury,” said James Pash, DO, of Mid-Valley Children’s Clinic.

When a muscle group, such as those of the shoulder, knee, wrist or finger, are repeatedly used without proper stretching or adequate rest, injury can occur.

“We see repetitive overuse injuries most often in young athletes who are repeatedly using muscles specific to their sport, such as shoulder injuries in swimmers or knee injuries in runners, but these injuries can also affect musicians and gamers – anyone really,” Dr. Pash explained.

Symptoms can include pain, swelling, throbbing or numbness at the area of the overworked muscles.



“Overused and inflamed muscles need rest. Without rest, the inflammation builds up and can lead to more serious injuries like a tear or fracture,” said Dr. Pash.

These injuries can occur when a person trains too much or uses improper training techniques.

“Parents should make sure their child’s coaches are training them gradually and teaching proper stretching techniques with warmups and cool-downs, icing muscles after activity, and stressing the importance of taking time off each week from training for the body to rest and recover,” noted Dr. Pash.

Additionally, cross-training can help strengthen muscle throughout the body.

“It is not a good idea for a child to specialize in only one sport before high school,” Dr. Pash explained. “Participation in multiple activities strengthens and develops more of the body’s muscles, whereas only one sport tends to develop muscles specific to that activity. With broader conditioning, a child will be at less risk of repetitive injuries.”

Talk with your child’s health care provider if you have concerns about repetitive strain injury.

James Pash, DO, see patients at Mid-Valley Children’s Clinic. He can be reached at 541-812-5111.



What to know about your A1C



The A1C blood test is used by doctors to see how your body manages glucose over time. This test is commonly used to diagnose prediabetes and diabetes Type 1 or 2. It can also help your care team manage and monitor your diabetes treatment plan if you have one.

Red blood cells, which contain hemoglobin, live about three months before being replaced by new blood cells. The A1C test looks at glucose on the hemoglobin to give an average of what a person’s blood sugar has been over the previous three months.

Your blood sugar varies throughout the day and is typically lower when you first wake up. Food increases your blood sugar for an hour or two after eating. Infections and stress can also temporarily increase blood sugar levels while exercise and alcohol can decrease it.

“It is normal and healthy for blood sugar levels to vary within a certain range,” said Tim Arakawa, MD, PhD, of Samaritan Endocrinology. “The

A1C lets us see what the average is over time which helps us determine if your body is using glucose effectively.”

Your provider may order an A1C test as part of a routine physical, or if you have symptoms of diabetes. You do not need to fast for the test.

Results are given as a percent – the higher the percentage, the higher your average blood sugar has been. A result of less than 5.7% is considered normal. Between 5.7% and 6.5% indicates prediabetes, and over 6.5% is in the range of diabetes.

If you have been diagnosed with diabetes, the American Diabetes Association recommends being tested twice a year. However, you may need to be tested more often if you are having difficulty managing your health.



“Blood sugar levels that are consistently too high put people at risk for complications like nerve damage, loss of vision, chronic kidney disease and cardiovascular disease,” said Dr. Arakawa. “Being able to see a big-picture average of how well blood sugar levels are being managed can help us custom-fit your treatment plan.”

How to improve your blood sugar level



Drink plenty of water.



If you use tobacco, quit.



Always follow the guidance of your health care provider.



Eat a healthy diet, as discussed with your health care team.



Take medications as directed.



Manage stress.



Get at least 150 minutes of exercise a week, and try to exercise most days of the week.



Get seven to nine hours of sleep every night.

Learn about Samaritan's diabetes services at samhealth.org/Diabetes.



Minimize chemo-induced hair loss with scalp cooling

Known side effects

Like with any treatment, side effects are possible. With the cooling cap, these may include chills, dizziness, headache, nausea, sinus pain or abnormal sensations like tingling, tickling, pricking or numbness.

Eligibility

Most patients receiving chemotherapy to treat solid tumor cancers may be eligible. It is always recommended to talk with your doctor about any new treatment to ensure it is right for you.

Cost

Costs are variable depending on the treatment plan. Talk with your care team about cost and to learn more about financial assistance.

Currently, this cooling system is only available in Corvallis but is offered to any eligible patient receiving chemotherapy through Samaritan Health Services.

“The patient response so far has been positive, and we envision expanding this option to other locations,” Webb said.

[Learn more about cancer care at samhealth.org/Cancer.](https://samhealth.org/Cancer)

Photo courtesy of Paxman Scalp Cooling.

A common side effect of chemotherapy is hair loss, and for many patients this can be upsetting.

“Our team understands the emotional toll hair loss can have on our cancer patients,” said Anne Webb, director of the Samaritan Cancer Program. “After researching solutions to help combat this side effect, our cancer team now offers patients undergoing chemotherapy the Paxman Scalp Cooling System, designed to help with hair retention.”

How it works

The Paxman system consists of a compact refrigeration unit which circulates coolant through a custom cap.

Eligible patients are individually fitted for a cooling cap prior to beginning chemotherapy. During treatment, the cooling cap reduces the temperature of the scalp helping to reduce blood flow to hair follicles.

For maximum results, the cap is worn for 30 minutes before each chemotherapy session, throughout the session and for 90 minutes after the session has ended.

Comfort during treatment

Many patients have reported feeling reasonably comfortable wearing the cooling cap, and they are able to disconnect for bathroom breaks if needed.



New online options make it easier to access medical care

There are now two new and convenient ways to access medical care, with On My Way and a virtual visit.

Samaritan has partnered with KeyCare to provide \$59 self-pay video visits 24/7, 365 days a year, from anywhere in the United States.

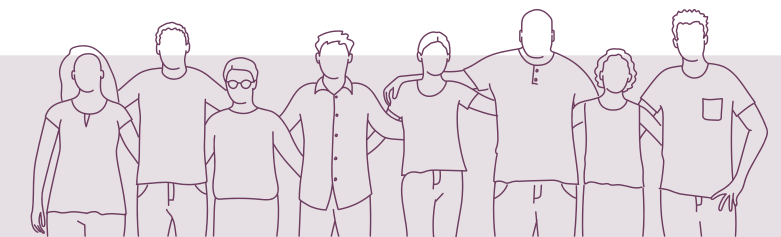
“We are widening our virtual front door to help people get care more conveniently,” said Samaritan Medical Group Chief Operating Officer Julie Osgood, DrPH. “For those who enjoy the ease of using their phone or computer to initiate care these features can save time and improve their experience.”

With On My Way, from a computer or mobile device, you can select a walk-in clinic and hold a spot in line to see a clinician. Instead of going into a location and waiting for the next available appointment, you can arrive when it is your turn.

Video visits will be with KeyCare clinicians. KeyCare can prescribe medications (excluding controlled substances), but not laboratory or imaging tests. It is a great option to treat a wide range of minor, routine medical issues, including allergies, back pain, bites or stings, coughs, colds, fevers, flu, minor burns, headaches, constipation, nausea, vomiting, pink eye, sinus problems, sore throats, sprains and strains, urinary tract infections and tooth pain. There will be no direct billing to insurance, just an up-front \$59 payment.

Both features can be accessed through samhealth.org/MyChart or samhealth.org/CareNow.

“We are widening our virtual front door to help people get care more conveniently,” said Samaritan Medical Group Chief Operating Officer Julie Osgood, DrPH.



Events are free and guests will enjoy good food, fun activities, conversation, inspirational talks and more.

Registration is encouraged. For details or to register, visit samhealth.org/CelebrateSurvivors or call the Samaritan Cancer Resource Center at 541-768-2171.

Celebrate being a cancer survivor

Cancer and celebrate are two words that do not often collide. Yet, there is a dedicated day where the cancer diagnosis takes the backseat and you or a loved one steps into the spotlight to celebrate being a cancer survivor.

National Cancer Survivors Day is the first Sunday in June. On this day, people with a history of cancer – whether a long-time survivor or newly diagnosed – connect,

celebrate milestones and recognize those who have supported them along the way.

The Samaritan Cancer Program will host two events on National Cancer Survivors Day – Sunday, June 2 – from 1 to 3 p.m. One event will be held in Corvallis at The LaSells Stewart Center on the campus of Oregon State University and the other in Newport at the Center for Health Education.

Tips for a healthy trip abroad

The lure of international travel has many Americans packing their bags. If you're planning overseas travel, prioritize your health at the top of your pre-travel to-do list.

"Depending on where you're headed, know what types of disease or illness you could encounter. Many diseases not common in the United States can still be prevalent elsewhere," said Adam Brady, MD, FIDSA, of Samaritan Infectious Disease – Corvallis.

To start, check with the Centers for Disease Control and Prevention traveler website, wwwnc.cdc.gov/travel, for health advisories related to your destination, and get any needed vaccines.

"Plan at least one month before departure to go to a travel clinic like Samaritan's International Travel Clinic to make sure all appropriate and required vaccines are current," said Dr. Brady. "Our travel clinic has access to specialized vaccines like typhoid, yellow fever and tick-borne encephalitis, which are not commonly available elsewhere."

Additional tips include:

Minimize respiratory infection. "Wash your hands frequently and thoroughly and use an alcohol-based hand sanitizer when you lack soap and water," Dr. Brady said. "Consider wearing an N95 mask in densely populated areas, especially if you are at high-risk for severe respiratory illness."

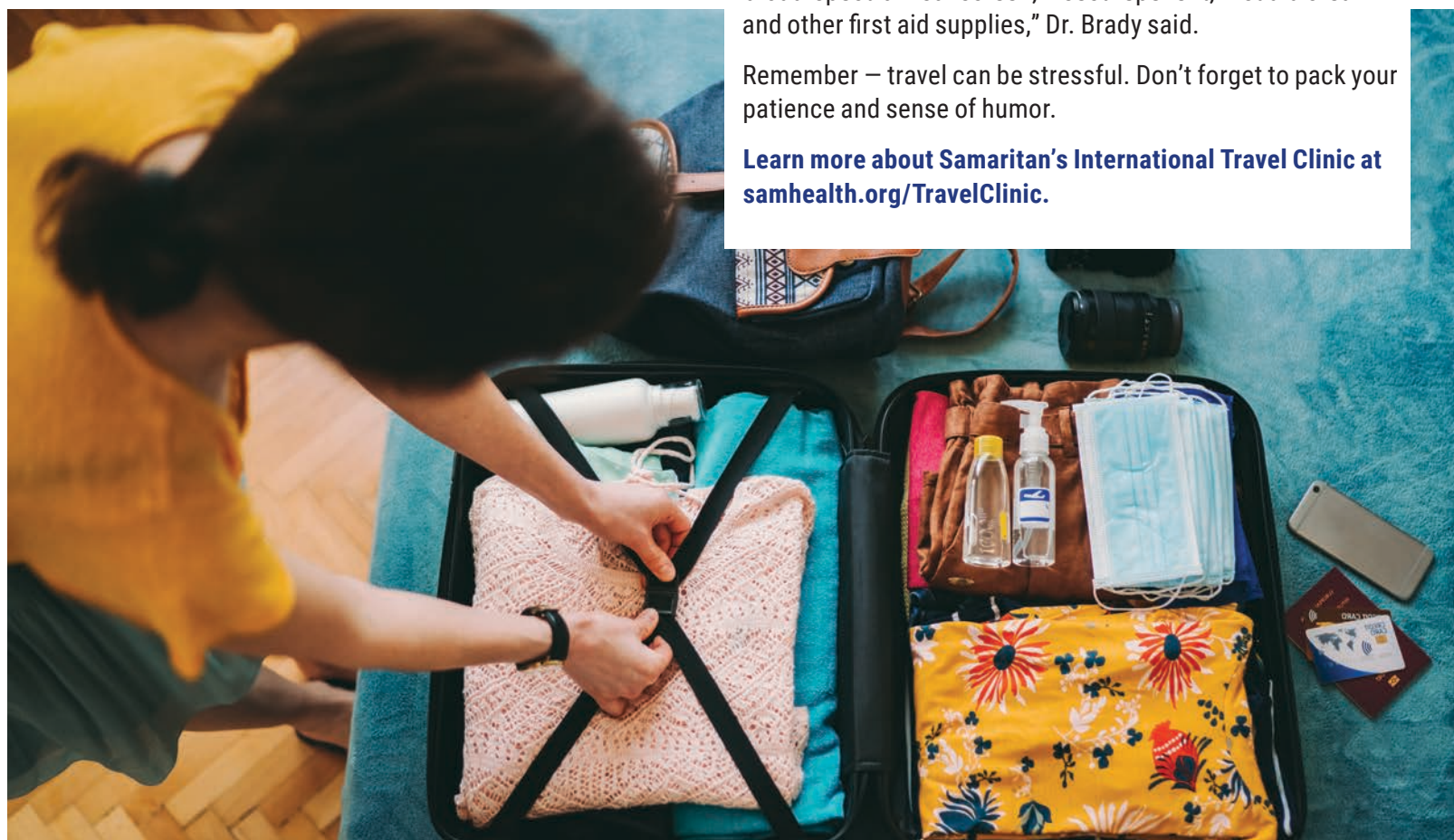
Prevent food-borne and water-borne illness. "Avoid raw food, warm food that should be eaten hot or cold, and food prepared by street vendors," said Dr. Brady. "Choose factory-sealed bottled beverages where water is typically contaminated."

Prepare for insects. "Know what insect-borne illnesses are common to your destination and take precautions before going, such as taking medications to prevent malaria, getting vaccinated against yellow fever and using a good quality insect repellent when traveling," said Dr. Brady.

Pack a travel health kit. "Along with your prescription medications, bring antidiarrhea medication, pain reliever like acetaminophen or ibuprofen, alcohol-based hand sanitizer, broad-spectrum sunscreen, insect repellent, first aid cream and other first aid supplies," Dr. Brady said.

Remember – travel can be stressful. Don't forget to pack your patience and sense of humor.

Learn more about Samaritan's International Travel Clinic at samhealth.org/TravelClinic.



Dine out – the heart-healthy way

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.

"Many of my patients adopt a heart-healthy diet – like a Mediterranean diet, or the low-salt, high-nutrient DASH diet," said Jeremy Warner, DO, from Samaritan Heart Center. "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 like to dine out or sometimes have to grab food on the go, consider these tips for choosing meals with heart health in mind.

Do your research. Search online or ask around to find restaurants in your area that serve healthy options. Some restaurants specialize in healthier fare, while others have nutritious, lower-fat 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. Have a game plan to avoid unhealthy choices. Drink a glass of water beforehand to help you feel a little fuller and enjoy water with your meal rather than soda. A glass of wine or beer is fine for most people, but limit alcohol and avoid sugary sweet mixers. Skip the breadbasket and choose items that are steamed, grilled, roasted or poached, rather than breaded or fried. Also skip the fries and choose a side 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 and improve digestion. Restaurants often serve oversized portions, so do not aim to clean your plate. Maintain "portion control" and take home the leftovers to enjoy later.

Treat yourself. It may seem counterintuitive, but from time to time you can 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 can help you make healthier choices.

Find resources to keep your heart healthy at samhealth.org/HeartHealthInfo.



Collaboration closes gaps in emergency response services



Members of CHANCE (Communities Helping All Negotiate Change Effectively) Recovery's crisis team, (left to right) Gary Dees, Jon Phelps, Kristi Arnold and Amelia Wyckhuyse, are trained to help people experiencing a mental or physical health crisis. The Albany shelter received pilot funding from IHN-CCO's Delivery System Transformation Committee to create the crisis team.

The call to CHANCE (Communities Helping All Negotiate Change Effectively) came from an Albany Police officer.

In June of 2022, a crew from the fire department responded to an unresponsive person in a vehicle. Two doses of Narcan had been administered. The person was recovering but not ready to be left alone.

Could CHANCE assist, freeing up 10 first responders for other emergencies?

The answer was yes, and the person was taken to CHANCE to stabilize under supervision.

Through CHANCE's partnership with agencies in Benton, Lincoln and Linn counties, gaps in emergency response services have been identified and are being addressed by the Delivery System Transformation Committee of the InterCommunity Health Network Coordinated Care Organization.

CHANCE proposed a pilot program to train staff in crisis intervention and care coordination. In 2022, the Delivery System Transformation Committee funded the Peer Enhanced Emergency Response pilot.

The pilot program meets the needs of people experiencing a mental or physical health crisis, reducing emergency department use and avoiding unnecessary jail visits.

"We are creating a safer environment for people experiencing a crisis," said Jon Phelps, who leads CHANCE's Peer Crisis Team.

CHANCE trained peer wellness specialists in mental health first aid, de-escalation and crisis intervention and how to screen and make referrals based on the social determinants of health.

CHANCE's Peer Crisis Team can meet Linn County's mental health crisis team in the community to support their efforts in connecting people with support programs.

So far, 15 peer action plans have been created. Additional action plans are being developed as CHANCE's Peer Crisis Team gains more experience.

So far, demand has been higher than expected. On average, the Crisis Team receives a call every three days, although they've responded to as many as six calls in one day.

The pilot has strengthened CHANCE's relationship with community partners, including Albany Police Department, Linn County Mental Health, Samaritan Albany General Hospital and Good Samaritan Regional Medical Center. In some circumstances, the pilot has even prevented incarceration.

"We've been able to meet law enforcement at locations to de-escalate situations and get people into the shelter as opposed to jail," said Gary Dees, CRN, a drug and alcohol

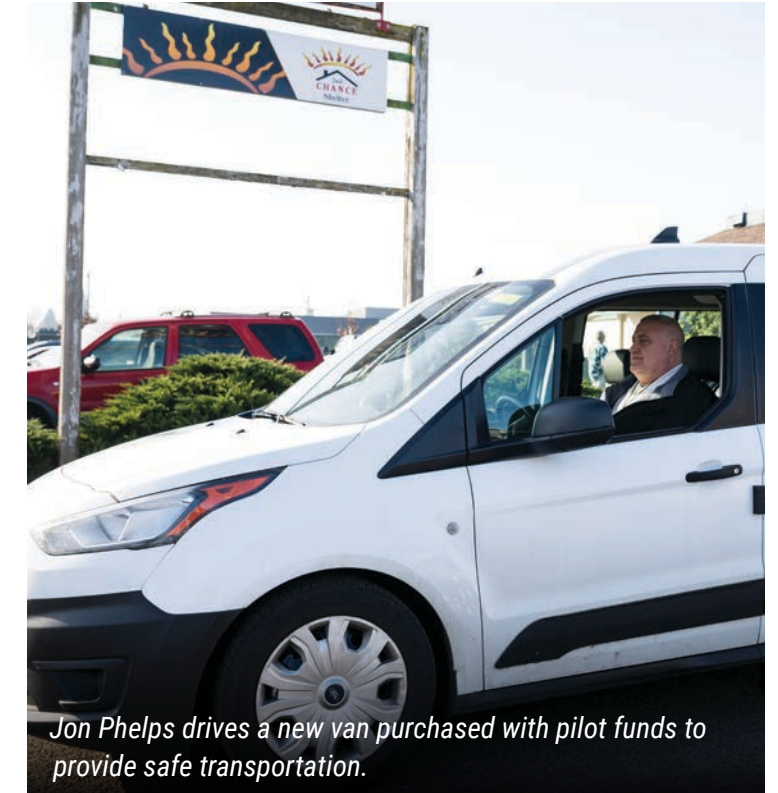
counselor with CHANCE. "Safety is the key. We are working with law enforcement to overcome these issues when we respond to calls, including safe transportation."

One of the crisis calls resulted in a person getting into a recovery program after experiencing homelessness and being in and out of the emergency room after relapsing on alcohol. He was able to stay at CHANCE's shelter and participate in support meetings and is now thriving.

Through the pilot, improvements were also made to the 2nd CHANCE Shelter to increase safety and comfort. Not only are more people using the space, but more than 80% of people who were referred for services were able to create personal action plans with the help of a wellness specialist.

"Without this, many people would endure incarceration, time in emergency health care and a lack of support moving forward," said Dees.

"We've seen an increase in interventions at the point of crisis and in the ability to resolve the situations and get people the resources they need."



Jon Phelps drives a new van purchased with pilot funds to provide safe transportation.

IHN-CCO and more than 70 community partners are improving health outcomes by creating programs and projects that improve local health care in Benton, Lincoln and Linn counties through transformation. Learn more at IHNTTogether.org/Transforming-Health-Care. Also visit chancerecovery.godaddysites.com to learn more about CHANCE.

Express your gratitude,
thank a health care worker



Has a Samaritan employee left a lasting impression?

Express your gratitude for a Samaritan staff member who made an impact in your health care experience at samhealth.org/ShiningStar.



Auxiliaries are a valuable part of Samaritan's team

Samaritan Pacific Communities Hospital Auxiliary celebrates the 50th anniversary of its founding this year. Among those gathering for a smiling group photo are Volunteer Services Coordinator Mag Leis, front row, fourth from left, and hospital CEO Lesley Ogden, MD, back row, third from right.

Auxiliaries have a longstanding and valuable history with many hospitals.

While the main purpose of the auxiliary is to raise funds that are used to support the hospital, the benefits go far deeper.

"This year, our auxiliary is celebrating 50 years of service, which represents multiple hours of kindness and caring," said Mag Leis, Volunteer Services coordinator who oversees the Samaritan Pacific Communities Hospital Auxiliary in Newport.

The impact of an auxiliary's endeavor is incalculable. Monies are raised for hospital programs, services and equipment that benefit patients in the community, and the auxiliary provides scholarship funding to employees furthering their education and to students in the community pursuing education in a health care profession.

While the auxiliary focuses on fundraising, a different sort of wealth is realized through the members' work, Leis said.

"Many auxiliaries have discovered that the gift of time is a treasure with great return," she said. "They state that the act

of caring about and for others actually enriches their own lives and gives them a sense of value. They feel that they get more out of volunteering than they ever give – and that, I believe, is the secret to the auxiliary's longevity."

Each hospital auxiliary has a board and a general membership that selects their own fundraising projects and determines how to donate the raised funds. Fundraising events range from Hawaiian orchids to medical scrubs, homemade baked goods and brand name skin care and beauty products, bestselling books, jewelry, holiday décor and more.

There is a subtle difference between being a hospital volunteer and a member of a hospital auxiliary, Leis explained. Volunteers donate their time and services in various ways to the hospital. They are automatically a part of the auxiliary and they are welcome to participate in the auxiliary at whatever level they'd like.

An auxiliary member, however, does not necessarily have to be a hospital volunteer. Many auxiliaries have retired as volunteers but continue to participate in a valuable way with the auxiliary.

Whatever your interest – to be a hospital volunteer or to become a member of a hospital auxiliary – your experience, time and talents are welcome! Learn more at samhealth.org/Volunteer.



Love and support come in a pink helmet

Imagine the heartbreak parents feel when they want to provide needed medical care to their infant, but the financial burden is too much.

A Lebanon family was faced with this sad reality when they searched for a relatively simple medical fix – a cranial helmet for their 7-month-old child. However, it was not covered by their medical insurance and the expense would put a huge strain on the family budget.

"I wanted the best for my infant daughter. We took her to physical therapy visits trying our hardest to correct her torticollis. But then we were told that she needed a cranial helmet for her high moderate plagiocephaly," said Chelsea Clark.

Torticollis is a condition in which the neck muscles contract, causing the head to twist to one side. Plagiocephaly is a common and treatable disorder in which an infant's soft skull becomes flattened in one area. If untreated, children are at risk of developmental, neurological or psychological difficulties.

"I never imagined how hard it would be to try and find funding for this helmet. It seemed like every avenue we tried, we would hit a brick wall," said Clark.

Fortunately, there is help for patients like Jasmine and her parents, Chelsea and Kyle, through the Samaritan Foundations Patient Support Program.

"I am truly fortunate that there is a program within Samaritan that helps families in need, and I am truly fortunate that you could help my daughter," Clark wrote in a thank you note to the foundation. "I am excited to share that Jasmine has been in her helmet for three weeks and I am noticing amazing improvements in her head shaping."

The note included a photo of a chubby-cheeked little girl with a big smile and happy eyes, wearing a leopard print top, pink tulle tutu, white tights – and a tiny pigtail held with a pink ribbon poking straight up through the top of her pastel pink cranial helmet.

Samaritan's Patient Support Program is available to patients in Benton, Lincoln and Linn counties who demonstrate that a financial barrier is keeping them from accessing what they need for their health. The program is funded through donations from generous community members and staff, as well as from sponsorship fees collected during the annual Samaritan Scramble golf tournament.



The Clark family of Lebanon are grateful recipients of support from the Samaritan Foundations Patient Support Program. They are, from left, Jasmine, Chelsea, Oliver and Kyle.

Samaritan Scramble: Raising funds since 2014

Since the first Samaritan Scramble golf tournament in 2014, the event has netted over \$1.3 million to support Samaritan funds such as Sarah's Place, Mental Health, Veteran's Outreach, Samaritan Early Learning Center and Samaritan Treatment & Recovery Services. For the past two years, Scramble proceeds totaling more than \$200,000 were raised for the Patient Support Program.

"The Samaritan Scramble sponsors are extremely caring and committed partners, who enjoy spending the day on the golf course with Samaritan President and CEO Doug Boysen and other Samaritan leaders for a very good cause," said Christy Duncan, Samaritan Foundations senior development specialist who has managed the Scrambles since the beginning. "It has been a privilege to get to know these community partners over the last several years."

In 2023 alone more than 1,440 patients were assisted through the Patient Support Program. The support included such things as transportation, medical equipment, prescriptions and food.

Learn how you can contribute to the Patient Support Program at samhealth.org/SupportPatients. For information about the Samaritan Scramble, contact Bobby Williams Herrera at robertw@samhealth.org.



Generosity of community recognized by Samaritan Foundations

Samaritan Foundations' giving societies honor individual and business donors who support Samaritan's mission of building healthier communities together.

In 2023 local business donors, called PRIDE Partners, donated more than \$538,000.

PRIDE Partners share Samaritan's values of passion, respect, integrity, dedication and excellence. This is demonstrated through their support of cancer care, Sweet Home Medical Center, Samaritan Treatment & Recovery Services in Lincoln County, the Reach Out and Read Program and much more at Samaritan hospitals and clinics.

"Partnering with the business community is meaningful for many reasons," said Samaritan Health Services President and CEO Doug Boysen. "We rely on local and regional businesses to provide goods and services that enable us to fulfill our mission and ensure access to quality health care at our hospitals and clinics. The PRIDE Partner Program is a special way to invite and recognize the philanthropic support of businesses that share our vision and want to enrich the

lives of people throughout Benton, Lincoln and Linn counties. All of us at Samaritan are extremely grateful to this growing group of businesses for their impactful investments in the health of our communities."

In addition to honoring business donors, special recognition is given through the foundations' giving societies to honor individual donors, across many generations in some cases, who have helped ensure the highest quality care at Samaritan:

- **President's Society:** Honors those who give a minimum of \$25,000 annually or \$50,000 cumulatively over a lifetime.
- **Partners in Health Society:** Honors those who give between \$5,000 and \$24,999 annually.
- **Samaritan Society:** Honors those who give \$1,000 to \$4,999 annually.
- **Legacy Society:** Honors those who have included one or more of the Samaritan Foundations in their estate plans.

Visit samhealth.org/Giving for lists of our business, annual, lifetime and legacy donors.

Recognizing our PRIDE Partners

President's Leadership (\$25,000+) *multi-year pledge payments



Arnerich Massena* | C.P. Carlson Builders, Inc.* |

Financial Freedom Wealth Management Group, LLC* | Pacific West Ambulance*

Health Heroes (\$10,000+)



INN AT NYE BEACH
NEWPORT, OR



INN AT WECOMA
LINCOLN CITY



A & W Restaurant* | Central Willamette Credit Union* | Charlotte Lehto Insurance Agency, Inc.*

Community Champions (\$5,000+)

- AAsum-Dufour Funeral Home
- Altrusa International of Albany
- Dala's Blue Angels
- Dorman Construction, Inc.
- ENTEK
- Gerding Builders, LLC
- Hawes Group
- KeyBank of Oregon
- Northwestern Mutual-The Drago Financial Group
- NW Natural
- Oregon Freeze Dry
- Pacific Power
- Professional Credit
- Side Door Café
- Sybaris
- TLC, a Division of Fibre Federal Credit Union

(Donor list reflects contributions made from Jan. 1 to Dec. 31, 2023.)

SamFit reopens, gives thanks to YMCA



Alyssa Wink, SHS director of Fitness and Well-Being, left, Jackie Welter, fitness center coordinator, and Krystal Heckman, SamFit regional manager, have welcomed members back to the Albany location after being closed due to a fire since Sept. 26, 2022.

When an Albany YMCA board member suggested offering displaced SamFit members access shortly after a fire shuttered the health and fitness center in Albany, Executive Director Chris Reese didn't hesitate and quickly got the ball rolling.

"I feel that Samaritan would have done the same for us," said Reese. "They have always been great to my family. There are tons of great people that I know that use that SamFit facility."

It was just days after the fire, that destroyed the women's locker room and caused extensive smoke damage throughout the building, when Reese started making calls.

"Samaritan was one of my first partners to help me build the YMCA, both our fields and our early childhood education center," said Reese. "To me they are the best hospital administration that I could ever ask for."

Quickly a partnership plan came together, allowing Albany SamFit members to use the YMCA at no cost. The YMCA also allowed SamFit staff to teach group fitness classes, which were open to both SamFit and YMCA members.

By the end of the sharing arrangement, SamFit had more than 500 members taking advantage of the partnership.

"SamFit and the YMCA have unique business models in that we are both community-based nonprofit fitness and wellness centers," said Alyssa Wink, SamFit director of Fitness and Well-Being. "Being able to continue to provide services throughout our closure is not only extremely appreciated but helped us continue to be available as a vital community resource."

Although the repair and restoration process took much longer than initially anticipated, the SamFit's Albany site was able to reopen this spring welcoming members back with several new exercise equipment and a brand-new look.

"I want to thank our members for sticking with us during this lengthy construction process," said Krystal Heckman, SamFit regional manager. "While it took longer, the wait was well worth it. I am beyond excited for our members and community to be back in our new facility. I am especially excited about our new cycling studio."

The partnership between Samaritan and YMCA is not over now that the Albany SamFit has reopened. The two organizations look forward to exploring ways to continue to support the health and well-being of the community together.

Samaritan welcomes new health care providers



Fagan Brown, LCSW, has joined Samaritan Mental Health – Albany. She earned a bachelor's degree at Oregon State University and a master's degree in social work at Portland State University. [Learn more at samhealth.org/bio/fbrown.](https://samhealth.org/bio/fbrown)



Rensa Chen, DO, has joined Samaritan Medical Group Family Medicine – Circle Blvd. She earned a bachelor's degree at Rutgers University – New Brunswick and a medical degree at Rowan University School of Osteopathic Medicine. She completed residency training at Penn State University Hospital-Milton S. Hershey Memorial Medical Center. [Learn more at samhealth.org/bio/rchen.](https://samhealth.org/bio/rchen)



Michael Crowe, LMFT, has joined Samaritan Mental Health – Albany. He earned a bachelor's degree at George Fox University and a master's degree at Capella University. [Learn more at samhealth.org/bio/microwe.](https://samhealth.org/bio/microwe)



Marilyn Dunning, FNP, has joined Samaritan Medical Group Geriatric Medicine. She earned a bachelor's degree at Capella University, completed the nursing program at Chemeketa Community College and earned a master's degree to become a family nurse practitioner at United States University. [Learn more at samhealth.org/bio/mdunning.](https://samhealth.org/bio/mdunning)



Ryan Gienapp, DO, has joined Samaritan Internal Medicine – Corvallis. He earned a bachelor's degree at Washington State University, a master's degree at Heritage University and medical degree at Pacific Northwest University of Health Sciences College of Osteopathic Medicine. He completed residency training at Good Samaritan Regional Medical Center. [Learn more at samhealth.org/bio/rgienapp.](https://samhealth.org/bio/rgienapp)



Andrew Iraheta, PsyD, has joined Samaritan Family Medicine – Geary Street. He earned a bachelor's degree at University of California at Santa Cruz, a master's degree at Mount St. Mary's College and a medical degree at Azusa Pacific University. He completed an internship at Providence Medical Group and residency training at Good Samaritan Regional Medical Center. [Learn more at samhealth.org/bio/airaheta.](https://samhealth.org/bio/airaheta)



Richard Jones, DO, has joined Samaritan Mental Health – Albany. bachelor's degree at University of Kentucky and a medical degree at Pikeville College School of Osteopathic Medicine. He completed residency training at Good Samaritan Regional Medical Center. [Learn more at samhealth.org/bio/rjones.](https://samhealth.org/bio/rjones)



Kiersten Kelly, PsyD, has joined Samaritan Medical Group Family Medicine – 26th Street. She earned a bachelor's degree at Chapman University and a medical degree at Pacific University. She completed an internship at George Fox University and residency training at Good Samaritan Regional Medical Center. [Learn more at samhealth.org/bio/kkelly.](https://samhealth.org/bio/kkelly)



Amy LeRoy, PhD, has joined Samaritan Neuropsychology – Albany. She earned a bachelor's degree at Southern Oregon University, and master's and medical degrees at Pacific University. She completed an internship at University of Missouri – University Hospital and residency training at Baylor Scott & White Medical Center – Temple. [Learn more at samhealth.org/aleroey.](https://samhealth.org/aleroey)



Genna Locke, PA-C, has joined Samaritan Lincoln City Medical Center. She specializes in family medicine. She earned a bachelor's degree at University of Wisconsin – Madison and a master's in physician assistant studies at Idaho State University. [Learn more at samhealth.org/bio/glocke.](https://samhealth.org/bio/glocke)

Continued on next page.



Ian Maness, FNP, has joined Samaritan Depoe Bay Clinic. He specializes in family medicine. He earned a bachelor's degree at Southeastern Oklahoma State University, and bachelor's and master's degrees in nursing at University of Texas Medical Branch at Galveston.

Learn more at samhealth.org/bio/imaness.



Pallav Pareek, MD, has joined Samaritan Mental Health – Circle Blvd. He earned a medical degree at Government Medical College. He completed residency training at Wayne State University and a fellowship in child and adolescent psychiatry at Washington University St. Louis School of Medicine.

Learn more at samhealth.org/bio/ppareek.



James Pash, DO, has joined Mid-Valley Children's Clinic. He earned a bachelor's degree at Syracuse University and a medical degree at University of New England College of Osteopathic Medicine. He completed residency training at Geisinger Medical Center and a fellowship in sports medicine at St. Vincent Health Center.

Learn more at samhealth.org/bio/jpash.



Devin Petersen, PhD, has joined Samaritan Weight Management Institute. He earned a bachelor's degree at Brigham Young University, and a master's degree and doctoral degree in clinical psychology at Southern Illinois University. He completed residency training at Good Samaritan Regional Medical Center.

Learn more at samhealth.org/bio/devinp.



Alana Ryan, DO, has joined Samaritan Medical Group Orthopedics – Corvallis. She earned a bachelor's degree at California State University Fullerton and a medical degree at Western University of Health Sciences College of Osteopathic Medicine of the Pacific-Northwest. She completed residency training at Providence St. Peter Hospital and a fellowship at Wake Forest University.

Learn more at samhealth.org/bio/alanar.



Cody Talbot, DO, has joined Samaritan Medical Group Geriatric Medicine. He earned a bachelor's degree at Oregon State University and a medical degree at Western University of Health Sciences College of Osteopathic Medicine of the Pacific-Northwest. He completed residency training at Providence St. Vincent Medical Center.

Learn more at samhealth.org/codytalbot.



Benjamin Yousey, DO, has joined Samaritan Medical Group Geriatric Medicine. He earned a medical degree at Western University of Health Sciences College of Osteopathic Medicine of the Pacific-Northwest. He completed residency training at Good Samaritan Regional Medical Center.

Learn more at samhealth.org/bio/byousey.

Need care now?

Samaritan Health Services offers a variety of virtual and in-person options to get care for minor illnesses and injuries when your primary care provider is not available.

To see which option is right for your immediate needs, visit samhealth.org/WhereToGo.



Resources to help you be well



Classes and support

Samaritan Health Services offers a wide variety of support groups, health education classes and seminars to help community members find the support and gain the knowledge they need to live a healthier life.



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

To see the most current list of events, visit samhealth.org/Classes.

Keeping you informed

Sign up for Samaritan's e-newsletters by visiting samhealth.org/Subscribe.



To Your Health

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

Healthy Minds, Healthy Bodies seminars

Receive information on free health education seminars offered by Samaritan.





Volunteer and resident Sunny Stone greets staff at CHANCE (Communities Helping All Negotiate Change Effectively) Recovery's Albany shelter where a trained team is available to work with first responders and help people experiencing a mental or physical health crisis. *Read more about the CHANCE Peer Enhanced Emergency Response program on page 20.*



**Samaritan
Health Services**