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Celebrating 20 years of building healthier communities together!

Born of a common mission to provide exemplary health care and keep decision-making local, Lebanon’s Mid-Valley Healthcare and Corvallis’ Samaritan, Inc. merged in 1997 to form the not-for-profit Samaritan Health Services. The merger reflected the belief that an integrated organization would serve their communities more effectively and efficiently.

Two years later, they were joined by Albany’s FirstCare Health, which included Albany General Hospital, a physician group and outpatient services. In 2001 and 2002, Samaritan Health Services expanded into the central Oregon Coast, where it entered into long-term management agreements with the North Lincoln Health District in Lincoln City and the Pacific Communities Health District in Newport.

Much has changed in the past 20 years in terms of services and technology, but the shared mission has held strong and continues to guide Samaritan in building heather communities together.

Heart to Heart

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Letters to the editor
Please send your questions and comments to Julie Jones Manning, 3600 NW Samaritan Drive, Corvallis, OR 97330 or to feedback@samhealth.org

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Cover and feature photos by Karl Maasdam Photography

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Changes in health care lead to new jobs at Samaritan

The complexities of the nation’s health care system can make it harder for people to get the care they need. Now Samaritan Health Services is finding new ways to increase access to care and improve health outcomes. New positions are being added to the health care setting, including mental health specialists, clinical and non-clinical care coordinators, social workers and health navigators. It’s part of larger efforts within health care to change the way medical services are delivered and ensure that no one gets lost in the system.

Many Samaritan primary care clinics have added mental health specialists to screen people for mental illness and help them access care more quickly. Mental health specialists are called in during regular checkups and appointments when a provider has a concern related to mental health. For example, someone may come in for a routine office visit, but confide in their doctor that they haven’t felt like getting out of bed lately. In the traditional model, the provider might suggest seeing a counselor or refer the patient to a psychiatrist. But it was up to the patient to make the appointment, and often that did not happen.

For less complex, but common conditions — including depression in adults and attention deficit hyperactivity disorder (known as ADHD) in children — access to care can be made more difficult by long wait times for referrals or the stigma of having to seek help. While mental health specialists don’t provide direct medical care, they make a positive impact in patients’ lives.

“They provide ‘boots on the ground’ where we don’t have the manpower to place a psychiatrist,” said Heidi May-Stoulil, director of mental health operations for Samaritan.

After a patient or guardian consents, the mental health specialist engages in an extensive interview with the patient. The meeting lasts about an hour and a half. The questions are the same as those asked during an initial consult with a psychiatrist. Next, the information is reviewed by a Samaritan psychiatrist, who can make treatment recommendations to the primary care provider. That way, most patients can stay with their regular doctor, which is often more comfortable and familiar.

Sydni Whitley is one of 10 mental health specialists with Samaritan Mental Health whose unique positions are designed to improve access to mental health care.

Samaritan’s mental health specialists make a positive impact in patients’ lives and access to care.

continued on page 6
The mental health specialist also does follow-ups with patients by phone. If symptoms aren’t improving, or worsen, the psychiatrist will know right away and can get them in sooner.

Having mental health specialists conduct intake interviews also frees up time in psychiatrists’ schedules. That way, patients with more complex cases who need a higher level of care can be seen sooner.

“Already we are seeing waiting lists go down,” May-Stoulil said.

Samaritan Mental Health’s team of psychiatrists, psychologists, nurse practitioners and licensed clinical social workers provide a full spectrum of professional services for patients of all ages in the mid-Willamette Valley and central Oregon Coast. But access to mental health services is limited by a nationwide shortage of mental health professionals. There aren’t enough providers to meet the demand.

“Too much mental illness, and not enough mental health services,” May-Stoulil said.

Samaritan’s mental health specialists, pictured from left to right: Darlene Phifer, Nathan Perry, Sophia Shorten, Hannah Lemmon, Amanda Reid, Brett Gaffney, Maureen Murray, Fagan Brown, Sydni Whitley and Hector Ariceaga.

Samaritan recognized as a Military Friendly® Employer

When Jennifer Zeck worked in epidemiology, she was directly involved in Samaritan Health Services’ response to emerging health issues, including tuberculosis, Ebola and meningitis.

“We needed to come up with a plan and implement it in a short amount of time,” Zeck said.

In stressful situations, Zeck relies on skills that she learned in the U.S. Army. Zeck attended nursing school at the University of Portland on an ROTC scholarship, and served five years of active duty.

“The military teaches you how to be flexible, to be able to evaluate situations and adapt,” she said.

Zeck now works in Samaritan’s Professional Development office, where she trains medical staff on patient and employee safety. Like Zeck, many veterans with medical or other specialized training work in the civilian health care field.

Samaritan’s solution came about through a state health care transformation grant. Caroline Fisher, MD, vice president of mental health for Samaritan, and Psychiatrist James Phelps, MD, studied a similar model that’s used at the University of Washington. They piloted the mental health specialist program for Samaritan in 2015.

Samaritan’s first mental health specialist, Nathan Perry, said it’s extremely satisfying to see people get the help they need.

“This is a new way we take care of you,” Perry said.

Stephanie Maxon, director of operations for Samaritan primary care clinics, said that the new jobs in health care are helping to connect with patients in different ways. Bilingual and bicultural health navigators can meet with patients in a setting outside the clinic, such as a park, the library or a restaurant. They also call patients after they are seen to make sure they are able to fill a prescription, make follow-up appointments or access additional resources.

Samaritan has partnered with Linn-Benton Community College, Oregon State University and the county health departments to train the next generation of health care workers.

“These changes are all positive,” Maxon said. “We have more patient resources than ever before. It’s very exciting!”

Find your future career at Samaritan Health Services by searching our job openings at samhealth.org/Jobs.

Samaritan’s commitment to hiring military talent is one of the reasons the health system recently was recognized as a 2017 Military Friendly® Employer by Victory Media, publisher of G.I. Jobs®, STEM Jobs SM and Military Spouse. The designation is the most comprehensive, powerful resource for job-seeking veterans today.

As a Military Friendly Employer, Samaritan has strong hiring programs and meaningful jobs for transitioning service members, veterans and spouses.

Zeck said she feels welcome and respected in her workplace. Some employers have a pre-conceived notion of what a veteran should be like or do.

“Letting people thrive in their own work space is one of the best things that an employer can do,” she said. “Samaritan is good at that.”

To learn more, see samhealth.org/Veterans.

Samaritan recognized as a Military Friendly® Employer

Army veteran Jennifer Zeck, a nursing trainer, uses the skills she learned in the military in her job at Samaritan Health Services.
Meet Cody Taylor

Cody Taylor worked in housekeeping at Samaritan Albany General Hospital while earning a bachelor’s degree in exercise and sports science at Oregon State University. He also completed an internship in the Cardiac Rehabilitation program as part of his studies. Taylor received a Larry A. Mullins Endowed Scholarship and several more scholarships from the hospital to help with tuition.

Those experiences in health care convinced him to continue his medical training. After graduation, he enrolled in a specialized program to become a surgical technologist.

The program brought him back to Samaritan for a clinical internship working in the Surgery Department at Good Samaritan Regional Medical Center in Corvallis.

Taylor wanted to find a good-paying job to support his family while he gained experience in patient care. He received an offer from Samaritan as an operating room technician.

“I love being around surgery,” Taylor said. “This is something I can do for a few years before applying for nursing school or to become a physician assistant.”

Meet Rian Pfund

Rian Pfund was looking for a more fulfilling career when he left his job as a university lab technician eight years ago.

“In research, you’re looking at 5 to 10 years of the same repetitive thing. Way down the line, you might get a result that will further our knowledge. But you have to slog through it,” Pfund said.

He heard about a training program through Samaritan Health Services and decided to try working in a medical lab. While he earned a master’s degree as a lab scientist through the Medical College of Georgia, he worked as a laboratory assistant. Samaritan paid for his certification and he was promoted to medical technologist.

“It was really nice, not only that they put that program together, but they were also able to work in time where I could do schoolwork and not feel crushed,” Pfund said.

Now the lead tech in microbiology at Samaritan Lebanon Community Hospital, he still finds his work rewarding.

“With health care, the results I turn out will help someone immediately,” he said.

Samaritan partners with Pipeline to Jobs initiative

Samaritan Health Services is poised to offer a variety of living-wage jobs that don’t require a four-year college degree.

That’s why the health system has partnered with education programs, including Linn-Benton Community College and Portland Community College, to train people in specialized skills they need to succeed.

The fast track to a rewarding job in health care is called Pipeline to Jobs. Opportunities include careers in many fields, from information technology to patient care. These jobs open doors for future advancement through promotion and additional training.

Taylor Judy, a desktop analyst in information security, earned an associate degree and was immediately hired by Samaritan.

“Within six months, I was promoted,” Judy said. “This organization has opportunities to grow in any career path you choose because of the span of the health care operation.”

Financial assistance is also available so people can avoid incurring student loan debt.

Adriann Duhham is a sterile processing technician at Good Samaritan Regional Medical Center in Corvallis, where she plays a key role in preparing medical equipment for patient care. Duhham used tuition reimbursement and scholarships to complete the Diagnostic Imaging program at LBCC and is now enrolled in an MRI training program through Portland Community College.

“I love what I do,” Duhham said. “I love the sense of accomplishment.”

Learn more at PipelineToJobs.com and browse job openings at samhealth.org/jobs.

Employees grow with support for continuing education

Go to bit.ly/SHSvideos to watch videos of Pfund and Taylor sharing their career journeys.
Monitoring program offers increased patient safety

Good Samaritan Regional Medical Center recently adopted the AvaSys® TeleSitter® monitoring system to increase patient safety by preventing falls in high-risk patients. This system provides increased supervision and the ability to communicate to patients in their rooms through two-way audio speakers. Kate Stewart of Corvallis recently experienced the peace-of-mind offered by this system when her parents came to visit for the holidays. Early in their visit, her mother fell and broke her arm. She suffers from dementia and would forget that her arm was broken. When she needed to go to the restroom, she would try to get up and go without letting anyone know, risking another fall and attempting to use her broken arm.

“The nursing staff brought a TeleSitter camera into the room to keep an eye on my mother at all times instead of waiting for her to call for a nurse,” said Stewart. “It was helpful knowing that someone was watching over her during her stay.”

The system offers:

- Monitoring by certified nurse assistants;
- Camera with two-way audio for observation and verbal communication;
- And visual and audio privacy screens that can be lowered when staff are attending to the patient.

Samaritan Health Services has teamed up with Providence Brain and Spine Institute to enhance its award-winning stroke care.

The Providence Telestroke program is already in place at multiple Oregon locations and went live in December at all five Samaritan Health Services hospitals in Albany, Corvallis, Lebanon, Lincoln City and Newport. When it comes to stroke, the common saying is “time is brain.” As time progresses so does the stroke, and irreversible damage is done. This is why it is important to get immediate medical care as soon as the first symptoms of stroke occur. Thanks to interactive technology, Providence neurologists specifically trained in stroke care can now be “in the room” with patients who may be hundreds of miles away at a Samaritan facility. Using teletechnology, we consult in real time with a Providence neurologist.

For years, Samaritan has offered award-winning stroke care with a comprehensive program that coordinates the efforts of EMTs, emergency department staff, physicians and staff who come in contact with stroke patients. In 2016, Good Samaritan Regional Medical Center earned the American Heart Association/American Stroke Association’s Get With The Guidelines® – Stroke Gold Plus Quality Achievement Award and Target Stroke Honor Roll Elite. These awards recognize the hospital’s commitment to providing the most appropriate and timely stroke treatment according to nationally recognized, research-based guidelines derived from the latest scientific evidence.

The addition of the telestroke program will enhance our already excellent stroke care.

For more information on the telestroke program, call Samaritan Stroke Services at 541-768-6737.

As Samaritan Health Services strives to provide outstanding health care for local residents, a variety of technological tools are used to improve and enhance care.

From online patient portals to two-way telecommunication between physicians and patients who are miles apart, technology can help make health care more convenient, more accessible and can even save lives. These high-tech tools make a difference in the lives of patients and physicians each and every day.

Nationwide, it can be difficult to quickly access mental health care due to a shortage of providers. This region has not escaped the shortage of mental health providers, but through innovative use of technology, Samaritan is helping to make mental health care available to more patients.

Using telemedicine technology, including two-way audio and video communication, a Samaritan Mental Health psychiatrist can talk with patients or their health care providers from anywhere. Telepsychiatry helps connect patients to a psychiatrist and allows a psychiatrist to consult with providers and clinic-based mental health specialists as needed.

For information, call Samaritan Mental Health at 541-768-5235.
Get health care on the go with MyChart E-Visits

Have you ever found yourself suffering from a suspected sinus infection and have no time to make it to your doctor’s office for an appointment? Whether you’re stuck at work for the day or traveling on the road, finding time to make it to your doctor’s office can be hard.

Next time you find yourself in this situation, there is no need to worry — MyChart E-Visits provide the convenient care you need.

E-Visits are a fast, secure and convenient way to connect with a Samaritan provider for non-urgent medical conditions, including:

- Acne
- Back pain
- Bronchitis
- Burns
- Cold/flu
- Cold sore
- Constipation
- Cough
- Diarrhea
- Heartburn
- Insomnia
- Poison oak
- Shingles
- Sinus problems
- Sinus infection
- Headache
- Urinary tract infections
- Snoring
- Urinary tract infection
- Common cold
- Cold sore
- Bronchitis

You may also use E-Visits to discuss contraception options and get a prescription or schedule an appointment if needed. Your E-Visit starts with answering a few questions about your condition and symptoms. You will receive a response in your MyChart account within two hours if your request is submitted during business hours, Monday through Friday, 8 a.m. to 4:30 p.m. (Requests made close to 4:30 p.m. may not get a response until the morning of the next business day.)

Visit samhealth.org/MyChart to start your E-Visit today.

SamCare Express offers same-day appointments

SamCare Express is now open in Corvallis at 990 NW Circle Blvd., Suite 101, and is the first clinic of its kind in Samaritan Health Services’ system.

The clinic offers quick, same-day appointments for common concerns, such as:

- Cold, cough and fever
- Sore throat and strep throat
- Bronchitis
- Sinus infection
- Bladder and urinary tract infection
- Pink eye
- Earache and ear infection
- Flu vaccination
- Sports physicals
- Skin irritation or rash without fever
- Other minor illnesses and injuries

Unlike urgent care, which offers services such as X-ray and stitches for cuts, SamCare Express is intended to provide quick care for less severe health problems. Walk-ins will be scheduled for the next available opening.

Call 541-768-5166 or visit samhealth.org/ExpressCorvallis to book an appointment.

Stay connected to your hospital care with MyChart Bedside

Being a patient in the hospital can sometimes be overwhelming — a new environment, new information and new people caring for you. This is why staying involved in your care, feeling comfortable with your doctors and having easy access to everything you need can make a big difference.

Luckily, staying connected to your care is easier than ever with MyChart Bedside, a tablet-based app offered at certain Samaritan locations that gives hospitalized patients and their families information about their stay.

What can you do with MyChart Bedside?

- Increase comfort and familiarity
  - View previous and upcoming events in your care
  - Get to know the members of your care team
  - See personalized dining options based on dietary needs and place orders

- Get education and provide feedback
  - Watch videos, explore web resources and learn about your health conditions
  - Respond to questionnaires that your care team can review and add to your health history
  - Send messages and questions through online chat with your care team

MyChart Bedside is available at the Samaritan Albany General Hospital Women’s Center, and will soon be offered in other inpatient units. The hospital has tablets available for use, though patients are encouraged to bring their own if possible.

Visit samhealth.org/MyChart for more information.

Brownsville clinic pilots online scheduling

Also part of the SamCare family is SamCare Mobile Medical, a two-room medical trailer located near Brownsville at Pioneer Villa Truck Plaza just off the I-5 exit 216.

SamCare Mobile Medical offers services consistent with other Samaritan urgent care walk-in clinics as well as occupational medicine services, but with the added benefit of online scheduling.

For more information, visit samhealth.org/SamCareMobile or call 541-451-7873.
It’s genetic is a phrase often heard when people are describing their health status. But have you ever wondered how much a healthy lifestyle matters when it comes to your chances of getting heart disease if you were born with a higher genetic risk?

The truth is, it matters a lot. Although “bad genes” can double the risk of heart disease, a recent study of 55,000 people published in the New England Journal of Medicine found that a healthy lifestyle can cut your genetic risk of heart disease in half.

The most important lifestyle factors that help lessen the genetic risk of heart disease include not smoking, getting moderate exercise each week, following a healthy diet rich in fruits, vegetables and grains, and maintaining a healthy weight.

So as you lace up your shoes for that next workout or sit down at your next healthy meal, think about the positive difference you are making to your risk of heart disease — and keep at it!

**Mediterranean diet offers heart-healthy benefits**

A traditional Mediterranean diet based primarily on plant-based foods has been shown to reduce the risk of heart disease. It has been associated with a reduced risk of cardiovascular death, cancer and Parkinson’s and Alzheimer’s diseases.

This diet includes lots of fruits and vegetables, as well as whole grains, beans and nuts. It limits red meat to no more than a few times a month and recommends eating fish and poultry at least twice a week. It replaces butter with olive oil and canola oil and uses herbs and spices instead of salt to flavor foods. Try this delicious recipe as part of your heart-healthy lifestyle.

**Greek chicken penne**

**Ingredients**

- 1 (16 ounce) package whole grain penne pasta
- 1 ½ tablespoons olive oil
- ½ cup chopped red onion
- 2 cloves garlic, minced
- 1 lb. skinless, boneless chicken breast halves – cut into bite-size pieces
- 1 (14 ounce) can artichoke hearts in water
- 1 tomato, chopped
- ½ cup crumbled feta cheese
- 3 tablespoons chopped fresh parsley
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- Dash ground black pepper

**Instructions**

1. In a large pot with boiling water, cook penne pasta until al dente or firm. Drain.

2. Meanwhile, in a large skillet over medium-high heat, add olive oil, onion and garlic and cook for two minutes. Add chicken and continue cooking, stirring occasionally until golden brown, about five to six minutes.

3. Reduce heat to medium-low. Drain and chop artichoke hearts and add with chopped tomato, feta cheese, fresh parsley, lemon juice, dried oregano, black pepper and drained pasta to the large skillet. Cook until heated through, about two to three minutes. Serve warm.

Nutrition facts per cup with percent daily value:

- 360 calories, 8g fat (10% DV), 48g carb (17% DV), 6g fiber (20% DV), 0g added sugar (0% DV), 500mg potassium (10% DV)
Addressing anxiety in your teen

Is it time to seek medical advice?

Today’s average U.S. teenager is more anxious than those hospitalized for anxiety in the 1950s, according to the American Psychological Association. Given the challenges of a post-9/11 world, a 24-hour news cycle, increased prevalence of social media, economic uncertainties and more, elevated anxiety may seem to be the new normal. However, the daily stresses of parental and friend pressures, social acceptance, bullying and overscheduling can also contribute to a teen’s anxiety level. Talking over worrisome issues with a trusted adult or friend can be an effective way to minimize anxiety. Making light of one’s fears can cause additional anxiety. Instead, try to ask questions about their concerns and collaborate with your teen to develop coping strategies to lessen their worry. Much anxiety is situational — before a big test, for example, or a first date. However, your teen may need additional support if their anxiety is irrational or prevents the ability to focus, or if he or she worries excessively about everyday activities or becomes panicky. Additional symptoms may include muscle tension, palpitations, sweaty hands, jumpiness, difficulty sleeping, emotional numbness, upset stomach and poor concentration. When anxiety like this persists, it is time to seek medical advice. A mental health professional can help you and your teen assess what would be most helpful to relieve symptoms. A common treatment includes cognitive behavioral therapy, which involves meeting with a therapist to explore the thoughts and beliefs that trigger anxiety, and then working to reduce them. Medication can also be part of the plan to reduce anxiety, and a wide variety of options exists to find the best match for your teen.

To find a health care provider, visit samhealth.org/FindADoc.

Is it time to seek medical advice?

For more information, call 541-812-5400.

Samaritan welcomes new providers

Sophia Ornis, MD, has joined Samaritan Urology. She earned a bachelor’s degree from Loyola University Chicago and a medical degree from Rush University Medical Center. She completed a surgical internship and urology residency at New York Medical College and fellowship in genitourinary reconstruction at Eastern Virginia Medical School. She offers a variety of urological care.

For more information, call 541-768-5325.

Kari Hart, LCSW, has joined Samaritan Mental Health. She earned a bachelor’s degree and a master’s degree at Portland State University. She offers a variety of mental health support groups.

For more information, call 541-768-4370.

Karin Oliszewski, RN, joins Samaritan Plastic, Reconstructive & Hand Surgery. Oliszewski earned a bachelor’s degree in nursing from Linfield College. She specializes in aesthetic injectable treatments, laser hair removal and body contouring procedures.

For more information, call 541-768-5325.

Join the Mental Health First Aid movement

Mental health crises are common, but many aren’t sure what to say or do if a situation occurs. Do you know the signs of a crisis and how to find help? Recognizing the importance of training family members, friends, caretakers, teachers and others in the basic skills of responding to mental health concerns, the National Council for Behavioral Health has set a goal to train one million Americans in research-backed Mental Health First Aid. According to the council, more than 760,000 people across the country have already received the eight-hour training, which focuses on how to identify a crisis or issue and strategies for helping. Hilary Harrison, mental health education coordinator at Samaritan Health Services, says more than 13,000 Oregonians have been trained, with Samaritan alone training more than 1,000.

“At least half of us will experience a mental health crisis in our lifetime,” said Harrison. “If it happens to you, don’t you want those around you to be prepared to help?” The Mental Health First Aid movement is about recognizing how widespread the issue is, and equipping people to respond.”

Samaritan regularly offers Mental Health First Aid training courses at no cost to participants, in partnership with the Mullins Charitable Funds and the Good Samaritan Hospital Foundation. There are three different courses, tailored to youth, adult and veteran mental health issues. Samaritan can also provide special group training to organizations. May is Mental Health Awareness Month, making now the perfect time to sign up and ensure that you have the tools to help those around you.

Learn more about the national Mental Health First Aid movement at MentalHealthFirstAid.org. To sign up for training through Samaritan, visit samhealth.org/MentalHealthClasses or call 541-768-6811.
Addiction treatment center takes shape

Samaritan Treatment & Recovery Services, a 16-bed residential drug and alcohol rehabilitation center, is scheduled to open in Lebanon in October. Construction began this spring on the 10,000-square-foot facility, where patients will stay during their rehabilitation. The two-story building will include program and individual therapy space, a kitchen and separate residential areas for women and men. Patients will stay as long as they need to complete their treatment and re-enter their lives.

“There is no wrong door for someone to come to us for treatment,” said Marty Cahill, CEO of Samaritan Lebanon Community Hospital, who will oversee the program along with Medical Director John Murphy, DO, and Program Director Kelley Story. Treatment will consist of one-on-one therapy, group counseling, family education, peer support and case management.

“The key to our program is recognizing that dependence is a chronic disease,” said Dr. Murphy. “Treatment is a long-term process.”

Dr. Murphy specializes in medically assisted recovery. Treating patients who are addicted to opioid medication requires intense care. The new center can provide more frequent dosing of medications such as Suboxone and Subutex to help with withdrawal symptoms of detoxification. The program will be open to adults with a substance addiction, regardless of insurance or how they are referred. Priority will be given to patients in Samaritan’s service area of Benton, Lincoln and Linn counties and other priority populations.

The center will partner with health care providers, public and private agencies, community organizations and the 12–step community to help patients once they complete treatment. “We want to return patients who are strongly engaged in their family and their community,” Story said.

“This facility will help address an unmet need in the mid-Willamette Valley for substance abuse treatment and recovery. Kelley Story and John Murphy, DO, review floor plans for the new addiction treatment center in Lebanon.

Children and prescription pain medication safety

The U.S. Substance Abuse and Mental Health Services Administration estimates that more than 25,000 people in Samaritan’s service area suffer from a substance addiction. Story said that methamphetamine and alcohol are the primary substances of concern in this region. In addition, Linn County has one of the state’s highest opioid overdose rates.

“There is a tremendous need for residential treatment,” Story said. Of those with an addiction, 10 percent (or about 2,500) will seek treatment. Samaritan Treatment & Recovery Services will be the first co–ed residential facility in Benton, Lincoln and Linn counties.

Visit samhealth.org/Recovery for more information on Samaritan Treatment & Recovery Services.

Screen time recommendations for children

Every year in the U.S., roughly 60,000 children end up in emergency rooms due to prescription drug poisoning. With the increase of prescription pain medications, known as opioids, in the past 10 years, it is no surprise that they are also finding their way into the hands of children.

Partnership for Drug-Free Kids reports that one in four teens have misused a prescription drug, and 40 percent of teens who misuse prescription drugs get them from their family medicine cabinet. Studies also note that many teens who use heroin started after abusing prescription pain medications.

“In addition to the dangers of overdosing, drug use in children under 18 is much more predictive of future non-medical drug use in the future,” said Mythili Ransdell, MD, of Samaritan Medical Clinics – North Albany. It’s not just a problem for curious teens, but affects young children too. In 2016, the Oregon Poison Center received 1,253 opioid-related calls. Of those calls, 13 percent involved children that were 12 or younger.

“Children are more likely to suffer fatal overdoses than adults due to smaller body size, impulsivity and lack of tolerance to the drug,” said Dr. Ransdell.

Prescriptions should always be taken as directed and kept out of reach of children. Visit UpAndAway.org for tips on medication storage and safety.

Mythili Ransdell, MD, is an internal medicine and pediatrics physician at Samaritan Medical Clinics – North Albany, 541-872-6650.

Bicycling: Benefits for the whole body

With warmer weather on the way, most of us want to spend more time outside. Bicycling is a great way to enjoy the weather with your family while gaining benefits for your whole body. The activity increases muscle and bone strength, flexibility and joint mobility and is gentler on your body than running. It improves cardiovascular fitness, posture and coordination while decreasing stress and body fat levels.

The upcoming Corvallis Open Streets event is an opportunity for family bicycling. This car-free festival will have a route blocked off between Garfield Park and Franklin Square for bicycling, walking, skateboarding and more. The free event takes place Sunday, Aug. 20, from noon to 4 p.m., featuring activities such as dancing, food vendors, games, a bicycle–powered carousel and more.

Visit corvallisbikes.org/opensstreets for more information.
Supportive care designed to improve quality of life

People suffering with a chronic condition often have concerns about their long-term quality of life. How much longer will they be able to continue their daily activities? Can they continue to take care of their children? Will they be able to afford their medication?

Samaritan Supportive Services hopes to help patients answer those questions and more through palliative care, a form of care that helps people with a chronic illness at any stage — curable or life-threatening.

“In palliative care, we help patients address their quality of life independent of their quantity of life,” said Thomas Steele, MD, director of Samaritan Supportive Services. “We want to explore their goals for life moving forward, and then use a multi-disciplinary team to help them use the resources they need to thrive at home.”

The multi-disciplinary team includes medical providers, nurse navigators, social workers and a spiritual advisor.

“We help people understand their disease, how it practically affects their life, and then set up a system for success — maybe that means a nurse coming to visit a couple times a week, or setting up a plan for a patient who might be at risk for having a problem during the night so they don’t have to wind up in the hospital,” said Dr. Steele.

“Our goal is to support each person, to put them in touch with resources that can make their life better and to help them understand how to live fully with their chronic disease without being defined by it,” he said.

For more information visit samhealth.org/SupportiveCare or call 541-768-4643.

Diabetes and varicose veins: It can be complicated

Millions of people suffer from varicose veins — a bulging of veins in the lower legs that can cause aching and discomfort. For diabetics with varicose veins, the risks are much more serious, and anyone with both conditions needs to take extra precautions.

Diabetes can be hard on the veins that circulate blood throughout the body, especially to the lower legs. Factor in varicose veins, and the risk for leg ulcers increases.

“These are types of ulcers that show up on the surface of the skin, often starting as a discolored spot typically around the ankles,” said Frederic Bahnson, MD, of Samaritan Wound, Vein & Hyperbaric Medicine in Albany. Dr. Bahnson treats both varicose veins and leg ulcers, as well as other wound and vein conditions.

Home visits are on the horizon

With the development of Samaritan Supportive Services, Samaritan’s palliative care program is growing beyond the hospital walls to help patients in their homes.

Earlier this year, Supportive Services began working with patients with chronic conditions, such as heart failure, from across Benton, Lincoln and Linn counties. A multi-disciplinary team visits patients at home, learning how much the patient understands about their disease, what resources they need in order to live their best life, and establish a care plan.

“Providing care in the hospital, you have control over almost everything. In a home environment, a patient can show you what they don’t have control over,” said Thomas Steele, MD.

“That is where we can make the biggest difference to positively impact their health.”

For varicose veins, he uses a minimally invasive procedure, taking special precautions with any patient who also suffers from diabetes.

“Our multidisciplinary team allows us to address many aspects of these complex and interrelated diseases to get the best outcomes for our patients,” he said.

Most patients gain relief from the heavy and tired sensation that varicose veins can cause. Overall, the bottom line is that both you and your doctor need to keep tabs on your legs and feet.

“If you notice a change, let your doctor know,” said Dr. Bahnson. Visit samhealth.org/Legs to learn more about treatment options.

Cosmetic surgery for men: Is it right for you?

While it’s true that the majority of patients undergoing cosmetic procedures are women, according to the American Society of Plastic Surgeons, the number of men seeking plastic surgery to slow aging or rejuvenate their looks is on the rise.

“Most men who seek a consultation are looking for subtle changes in their appearance to address signs of aging or imperfections,” explained Plastic Surgeon Richard Havard, MD, with Samaritan Plastic, Reconstructive & Hand Surgery in Corvallis. “Oftentimes men seeking cosmetic procedures are on a career path that requires competition with younger men and women, or they are healthy individuals and simply want to look as good as they feel.”

In recent years, a few of the top plastic surgery procedures requested by men were:

- Tummy tuck (abdominoplasty): A tummy tuck removes excess skin and fat from the lower abdomen along with tightening and rectifying weakened or separated muscles of the abdominal wall. A tummy tuck is a good option if you are physically healthy, but you’re looking to eliminate sagging skin in the tummy region due to aging, fluctuations in weight, heredity or prior surgery. Though it can remove some excess fat, a tummy tuck is not a substitute for weight loss and is only recommended when you have reached a healthy, stable weight.

Liposuction: A minimally invasive technique to remove fat under the skin and improve body shape, liposuction can help eliminate stubborn sections of fat that don’t disappear with diet and exercise. Commonly, liposuction is performed in the abdomen and waist, thighs, hips, arms, back, chest and neck.

“Ultimately, diet, exercise and caring for your skin still may not result in the most confident you,” explained Dr. Havard. “And the right cosmetic procedure can help you look as great as you feel in no time.”

Visit samhealth.org/Plastics for more information about the types of cosmetic procedures offered at Samaritan Plastic, Reconstructive & Hand Surgery in Corvallis.
20 years later, Samaritan’s goals remain the same

It’s been a fast – and fast-paced – 20 years.

In June 1997, after six months of formal negotiations and a shared commitment to ensuring long-term viability for their local health care organizations, Corvallis-based Samaritan, Inc., and Lebanon-based Mid-Valley Healthcare, Inc., announced they would merge to form Samaritan Health Services.

This step brought together the hospitals in both communities and a number of affiliated physicians in a new, not-for-profit organization designed to be successful in an increasingly challenging and competitive health care marketplace.

Here is what I said 20 years ago in announcing the change: “We believe this consolidation is a ‘win-win’ for our two communities together. Two years after that initial announcement, in August 1999, Albany’s FirstCare Health joined Samaritan Health Services, and over the next two years we completed long-term lease and operating agreements with Newport-based Pacific Communities Health District and with Lincoln City-based North Lincoln Health District. (The latter district has since transferred its buildings and property to Samaritan.)

Samaritan Health Services now employs more than 5,500 in our hospitals, physician clinics, health plans and other operations. Our boards of directors continue to reflect the original “shared governance” model that involves local physicians, community and hospital leaders in decision-making. And we continue to benefit from the local support of our donors through their contributions to our charitable foundations and the volunteers who provide time, expertise and contributions to our hospitals and through our hospital auxiliaries.

I have been privileged to serve as Samaritan’s President/CEO throughout its 20-year tenure. With the support of our board and our exemplary physicians and employees, we have seen tremendous accomplishments over the past two decades including:

• Establishment of award-winning regional specialty programs including heart/vascular surgery and adult mental health;
• Development of Lebanon’s Health Sciences Campus, housing Oregon’s second medical school (COMP-Northwest), LBCC’s health occupations building, medical offices, fitness facilities and other local businesses;
• Completion of multiple medical office buildings system-wide;
• Opening of the Samaritan Pastega Regional Cancer Center;
• New hospital facilities planning in Lincoln City and Newport;
• Establishment of the Samaritan Athletic Medicine facility, also known as The SAM, on the OSU campus;
• Technological enhancements in information systems and medical systems that ensure current best practices in patient care, quality and safety;
• Expansion of health plan options to include the operation of the region’s Coordinated Care Organization (CCO), a Medicare Advantage plan, self-insured plan for Samaritan employees and employer group plans for businesses throughout Oregon;
• Construction of a residential alcohol and drug rehabilitation facility to serve the region;
• Expansion plans for the north campus of Good Samaritan Regional Medical Center.

Although we will face new challenges and uncertainties, I can say with confidence that the organizational model envisioned 20 years ago has served our region extremely well and continues to position us for success as we work to build healthier communities together.

Sincerely,

Larry A. Mullins
President/Chief Executive Officer

Larry A. Mullins, DHA, FACHE
President/Chief Executive Officer

2016 Employee Caring Campaign raised record-setting funds

Each October, the Samaritan Employee Caring Campaign brings together the generosity of Samaritan employees to raise money for the Samaritan hospital-affiliated foundations and United Way. The 2016 campaign included 3,422 participating employees and raised $648,289 – the highest amount in the history of the campaign.

The funds raised from the Samaritan Employee Caring Campaign go toward important projects in each of the communities Samaritan serves to improve patient care – this includes building updates, equipment purchases, scholarships and much more.

Each year, the campaign also includes fun activities to get employees in the spirit of giving – this year featured pie baking contests, ice cream parties, pumpkin decorating contests, scavenger hunts and more.

“Thank you to the Samaritan employees who participated in the Samaritan Employee Caring Campaign,” said Karen Shaw, vice president and chief development officer of Samaritan Foundations. “You are helping make a big difference in the lives of our patients.”

Samaritan Foundations
Contact your local foundation, or visit samhealth.org/Giving, to learn how to get involved in supporting the health of your community.

Albany General Hospital Foundation
1046 Sixth Ave., SW, Albany
541-812-4819

Good Samaritan Hospital Foundation
815 NW 9th St., Portland
503-768-5056

North Lincoln Hospital Foundation
3010 NE 28th St., Lincoln City
541-996-7102

North Lebanon Hospital Foundation
525 N Santiam Hwy., Lebanon
541-651-7063

2016 Employee Caring Campaign
raised record-setting funds

Samaritan Lebanon Community Hospital CEO Marty Cahill visits with Tammy Sartuche of Nutrition Services while wearing a festive suit after hospital employees fulfilled a challenge of 90-percent participation in the 2016 Samaritan Employee Caring Campaign.

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Disaster preparedness team aided in Hurricane Matthew relief

In the aftermath of Hurricane Matthew, three Samaritan employees from the Disaster Preparedness Department were called to help the American Red Cross with relief efforts. Aaron Crawford, safety officer, was sent to South Carolina. Brian Cooke and Elijah Davis, emergency management coordinators, went to North Carolina. All served for about two weeks and had Samaritan’s full support in their time away from work.

Crawford, Cooke and Davis were all stationed in different cities, but were able to offer their services to the local shelters and relief efforts in equally valuable ways. As volunteers, they assisted with shelter supervision, shelter maintenance, health and pharmacy services, reporting and documentation. They also helped to organize resources for evacuees staying at the shelter, including helping manage chronic medical conditions and assuring accessibility for those in wheelchairs.

Crawford spoke of the combined efforts of the volunteers to embody the Red Cross’s order of “find a way to say yes.” This meant going above and beyond the daily tasks to solve problems for community members staying at the shelter and making sure their needs were met.

Getting involved at the ground level of the relief efforts for Hurricane Matthew reinforced the importance of the efforts Samaritan has been making in the area of disaster preparedness. Crawford said. “Not only did it allow us to live up to our name as Samaritans, but it gave us operational experience in disaster relief that we don’t always get enough of living in Oregon.”

Crawford, Cooke and Davis each expressed gratitude for being a part of an organization like Samaritan that recognizes the importance of preparedness and is willing to send their own people to help other communities. As grateful as the three were to Samaritan for the experience, the local communities they served were even more appreciative.

“I was constantly told thank you for what we were doing,” said Davis. “I had many handshakes and even quite a few hugs from random people that were just thankful for what we and the American Red Cross were doing in their community.”

Disaster preparedness team aided in Hurricane Matthew relief

In 2015, Pacific Communities Health District in Newport received voter approval for a bond measure to finance construction of a modern and accessible new hospital.

The $57 million project will provide central coast residents a modern and efficient hospital, flexible enough to adapt to the rapidly changing nature of health care delivery. Construction is scheduled to begin in June 2017.

“The way patients receive care now is different than it was 60 years ago when the current hospital was built,” said David Bigelow, PharmD, chief executive officer of Samaritan Pacific Communities Hospital. “We have maximized what this facility can do for the community, and now it’s time to create a building that will allow us to give state-of-the-art care with improved access to services.”

The new building is being constructed adjacent to the existing hospital. The two-story brick portion of the hospital that was built in 1988 will remain and be converted into space for clinical and support services in phase two.

Samaritan North Lincoln Hospital has also announced plans to construct a new hospital on the existing 12-acre campus near Devils Lake in Lincoln City. Construction is slated to begin in 2018, and much of 2017 has been devoted to the design process.

In Corvallis, Good Samaritan Regional Medical Center is continuing a series of internal moves to create space for more private rooms within the hospital. The moves started with the Samaritan Sleep Center moving to North Albany in September of 2016. Samaritan Diabetes Education and Samaritan Endocrinology followed, moving from Corvallis Medical Center to the ground level of the Charles S. Neville Building. Other improvements included a recent remodel of Samaritan Infectious Disease, which is now accessible by patients from the parking lot of the first floor of the Corvallis Medical Center.

Samaritan Physical Rehabilitation also recently moved from the Good Samaritan campus to a larger space at Samaritan Square on Northwest Ninth Street in Corvallis.

“With both coastal facilities looking to upgrade, we want to take this opportunity to examine the equipment, supply chain, information technology and other systems to make sure these hospitals are as efficient as possible,” said Dr. Ogden.

Hospitals across the system evolve to meet patient needs

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Hospitals across the system evolve to meet patient needs

“We want this new hospital to be a reflection of the community,” said Lesley Ogden, MD, chief executive officer of Samaritan North Lincoln Hospital. “Community members are helping us determine features that are important to them, and ways the hospital can deliver an outstanding patient experience.

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In honor of our annual Samaritan Society members

Across our region, a growing group of individuals and corporations are choosing to make a significant impact on the health of our community through philanthropy. Collectively, this diverse group of leaders from all walks of life is known as the Samaritan Society.

Annual Samaritan Society members have given $1,000 or more during the previous calendar year to any of the five Samaritan foundations. Annual members are recognized at the following levels:

- **Bronze**: $1,000 to $2,499
- **Silver**: $2,500 to $4,999
- **Gold**: $5,000 to $9,999
- **Platinum**: $10,000 and up

In gratitude for their outstanding generosity and leadership, we would like to recognize the following members who gave at the Samaritan Society level in 2016.

Visit samhealth.org/Giving to view the complete 2016 donor list and learn more about Samaritan Society.

2016 Samaritan Society annual donors

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**$10,000+**  
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Judith Brands
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Mary and James Wolfe, MD
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Robert and Lynne Armstrong
Roy and Jane Arnold
Steven G. Ballinger, MD
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Corvalis Volunteer Fire Department
Jessica and Jeffery Goy, MD
Kay Dawson
Dence Engineering, Inc.
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EC Company
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Rick and Kathleen Grady
Mary Gray
Karen and Jonathan Gross, MD
Barbara and Michael Halferty, MD
Kirk and Erin Hanawalt
Patrick and Colleen Hart
Heart of the Valley Runners
Buck’s Stew
Howard S. Wright
Ken and Joel Hiltz
Carol and Michael Huntington, MD
IBM
Eric and Kelley Kaisri
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The Killers Pest Elimination
Jerry and Renae Kinser
Greg and Dana Kosmala, DO
Lebanon High School Volleyball Team
Lincoln City Outlet Center
Linn County Social Services
The Lodge at Lebanon, LLC
Evan Lynch
William and Jeanette Maier
Peter and Meredith Mclner
Julie and Walter Manning, MD
Marine Corps KEYTJ Irvine Hills
Mary E. Dooner Foundation, Inc.
Michael and Patricia Meagher

Bill and Tammy Mercer
David and Christina Miller, MD
Robin Miller
Mills Ace Hardware
Scott Merino
Bill and Margaret Mulder
Mailer Steel Metal, Inc
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William D. Riley, MD
Ryan Sparks, DMD, LLC
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Eleanor Strowbridge
Willamette Neighborhood Housing Services
Kathy and James Windel, DMD
Yard Birds Design and Maintenance

**$1,000+**  
Anonymous (3)
14th Avenue Salon and Day Spa
A. Andreyout Funeral Home
ABC Preschool & Day Care
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Robert and Betty Adams
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Steven and Jerri Tubbs
Turf Merchants Inc.
Wayne Hensley
Willamette Neighborhood Housing Services
Kathy and James Windel, DMD
Yard Birds Design and Maintenance

continued on page 28
“We believe that quality education and health care are essential elements of a thriving community, and providing a scholarship is one way of helping achieve these. We continue to support expansion and remodel of Samaritan Lebanon Community Hospital to help continue to provide excellent medical care for our community.”

John and Carol Dinges, Lebanon Samaritan Society members

2016 Samaritan Society Annual donors — $1000+ (continued from page 27)
Two sessions are offered monthly —

At Samaritan Weight Management & surgery options, patient criteria, does, we will help you understand these medical quality with a compassionate, Lin. 541-996-7328 541-996-7480 541-768-5323 541-812-5443 541-812-5441 541-451-7515 541-768-7800 541-996-7328 541-768-5157 541-812-5760 541-768-6221 541-357-4684 541-525-2876

Benton, Lincoln and Linn counties

Call for information: 541-768-6070 LifeLine is a personal response service
Benton, Lincoln and Linn counties

Call for information: 541-768-4610 Superflex Group
Sponsored by Samaritan Physical Rehab
who have suffered a stroke or other
and a physician referral to attend. Call for
Second Tuesdays, 2:30 to 3:30 p.m.

Second Thursdays, 3:30 to 5 p.m.

Good Samaritan Regional Medical Center:
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Best friends for children with

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Senior companions are over 55 years of age, can volunteer 15 hours a week,
Benton, Lincoln and Linn counties

Call for information: 541-812-4885 541-357-4714
Healthy Minds
Sanmaritan Health Services’ Healthy Minds, Healthy Bodies is a series of seminars offered in Benton, Lincoln and Linn counties. From free CPR training to joint replacement options to meeting our newest doctors, there’s a lot to learn about keeping your mind and body healthy.

All seminars are offered free of charge. To register and view scheduled topics, go to samhealth.org/HealthyLives.
Childbirth preparation and family services

Make your Maternity Connection

You just found your pregnant partner. Congratulations! It's very exciting, but what do you do now? Here are some helpful tips:

- Find out what community services, classes and support groups are available for pregnant moms and their families.
- Start reading about pregnancy and childbirth and formulate questions.
- Decide which baby care and parenting classes will help you feel comfortable in caring for yourself and your new baby.
- Learn about your local hospital's procedure, your options and choices.
- Develop your personal birth plan.

Our Maternity Connections program can help organize these decisions, prepare you for your pregnancy, and create a pleasant and satisfying hospital stay.

All services are free.

For more information, call the Maternity Coordinator in your area:

Samaritan Albany General Hospital, 541-812-4301 or 541-812-4383

Good Samaritan Regional Medical Center, 541-768-6958 or 541-768-5772*

Samaritan Lebanon Community Hospital, 541-451-7072*

Samaritan Pacific Communities Hospital, 541-574-4336

*Information on Esperin

Childbirth preparation and family services

All About Twins

Individual education for those expecting more than one baby

Samaritan

For information, call the Maternity Care Coordinator at 541-768-9388.

Anesthesia Pain Relief Options

Want to learn more about pain control options during labor and delivery? Join us as we explore options and discuss the benefits and risks of each.

Samaritan

May 11, 12:30 to 9 p.m.

Call to register: 541-768-4752

Becoming a New Sister or Brother

Children will learn about baby care and see a film on pregnancy, delivery and adjusting to a new sibling. Children should be at least 3 years old and accompanied by an adult.

Albany

May 15, Sept. 10, 11 to 10 a.m.

Call for information: 541-917-4884 or visit PollywogFamily.org

Childbirth Preparation in a Weekend

This course helps expectant women and their partners prepare for labor and birth, and the first few weeks after the birth.

Samaritan

June 4, Aug. 12, 13, Saturday, 10 a.m. to 3 p.m., and Sunday, noon to 4 p.m.

Call to register: 541-917-4884 or visit PollywogFamily.org

Childbirth Preparation

Expectant parents learn about relaxation and breathing techniques, the role of a labor companion, benefits and side effects of medication, infant care and bonding.

Albany

Fourth week series

Mondays begin May 6, 10, 14, 18, 25; 6:30 to 9 p.m.

Cost: $60

Call to register: 541-817-4884

Childbirth Preparation (cont.)

Corvallis

Fourth week series

Mondays beginning May 22, Aug. 7; 6:30 to 9 p.m.

Cost: $75 per couple

Call for information: 541-768-4752

Lancaster

Fourth week series

Cost: $50; scholarships available, payment required

Wednesdays beginning May 3, July 19; 6 to 8:30 p.m.

For information call: 541-457-1872

Lincoln City

Three-week series beginning May 17, June 14, July 11; 6 to 8:30 p.m.

Cost: Free

For patients delivering at Samaritan North Lincoln Hospital, Call for information: 541-966-7179

Maternity Preparation

Expectant parents will tour the birthing wing and meet the delivery staff. Tours do not occur during the first 3 weeks of our visitation (Jan. to March).

Samaritan

May 10, June 14, July 12; 8:15 a.m.

No pre-registration required

Call for information: 541-768-4752

“Hey! Look Us Over!”

Maturity Program

Expectant parents will learn to identify signs of labor and what things to do before going to the hospital.

Samaritan

May 16, 26, 27; 5 p.m.

Cost: Free

Call to register: 541-457-2015

Breastfeeding Support Group

A drop-in support for breastfeeding moms and their babies. A lactation consultant will be available for questions and support.

Corvallis

First Tuesdays, 5 to 6 p.m.

For information call: 541-768-5244

Corvallis

May 15, June 20, July 18; 5 to 6:30 p.m.

Cost: Free

Call to register: 541-917-4884 or visit PollywogFamily.org

Diabetes Prevention: A Guide to Better Health

Designed to help anyone who has been diagnosed with pre-diabetes, glucose intolerance, insulin resistance or metabolic syndrome. Make important lifestyle changes in diet and exercise or present to delay the onset of diabetes and decrease risk for cardiovascular disease. Emphasis will be on starting an exercise program, eating healthy for life and goal setting.

Albany

Cost: $30/person or $45/couple

Call for information: 541-812-4309

Lincoln City

Cost: Free

Call for information: 541-451-6133

Diabetes Support

Three-week support group provides ongoing education and encouragement for people with diabetes and their families.

Albany

Call for information: 541-812-4303

Cost: Free

Call for information: 541-451-6133

Childbirth preparation and family services

Incredible Newborn

Learn about your baby’s characteristics and how to care for your newborn. Newborn physical examination and discussions of medications will be explained.

Albany

July 11 to 17; 7 p.m.

Cost: Free

Call for information: 541-917-4884 or visit PollywogFamily.org

Get health news and class information in your inbox.

Sign up at samhealth.org/Subscribe.

Diabetes education and support

Diabetes Foot Clinic

Early detection of diabetic foot problems can prevent future complications. The foot clinic assesses normal skin, nails, and teaches foot care.

Treatment of diabetic foot problems includes callus care and foot care.

Physician referral required.

Cost: Insurance may cover part or all of the cost

Call for information:

Albany, 541-812-4029 (Tuesdays)

Corvallis, 541-768-6073 (Wednesday)

Lebanon, 541-451-6131

Lincoln City, 541-557-6414

Newport, 541-574-4723

Diabetes Management

This three session course gives an overview of diabetes, including lifestyle causes and symptoms, and suggests diet, exercise and medication modifications. The class also covers the psychological and emotional aspects.

If the group setting is not convenient for you, ask about individual classes.

Cost: Check with your health plan office for coverage questions. Physician referral and advanced registration required.

Call for information:

Albany, 541-812-4029

Corvallis, 541-768-6073

Lebanon, 541-451-6131

Lincoln City, 541-557-6414

Newport, 541-574-4862

Type 2 Diabetes

Learn more about Type 2 diabetes with this three week series. Topics include carb-counting, exercise, problem solving, stress management, dining out, medications, label reading, short-term and long-term complications and more.

A physician referral is required and insurance will be billed. The Diabetes Education department can help get referrals. For more information and to register call Samaritan Diabetes Education at 541-768-4673.

Corvallis

Three-week series

Tuesdays beginning April 11, June 6, Aug. 8; 9:30 a.m., Wednesdays beginning May 10, July 12; 10 a.m.

Explore Pollywog, a new service connecting parents, grandparents, foster parents and caregivers to parenting classes, services and resources. Visit PollywogFamily.org.
Cancer Support
A group for newly diagnosed patients as well as cancer survivors. We provide support, information and coping skills.
Albany
Second Mondays, 5:30 p.m. Call for information: 541-812-5888

Oregon Breast and Cervical Cancer Program
This program helps low-income, uninsured, and underinsured women between the ages of 40 and 64, gain access to lifesaving screening programs for early detection of breast and cervical cancers. Eligible women may receive a physical exam, more follow-up tests and treatment for breast or cervical cancer if needed.
Albany
Call for information: 877-253-7017 or visit healthoregon.org/bcc

Surviving to Thriving — Moving on with Life After Cancer
Surviving to Thriving is a free six-week series of classes helping cancer survivors and their families explore and redefine their relationships and themselves through creativity. Each session features a different artist and art project, loosely based on a metaphor that reflects the cancer journey. No prior art experience is necessary. Visual art, music and movement are part and parcel of this topic series.
Albany
Call for information: 541-750-3000

Physical Activity
Call for information about safe, gentle physical activity options in your area.
Corvallis
Call for information: 541-764-1551, ext. 651

Prostate Cancer Support Group
The prostate cancer support group provides a space for men to discuss the physical and emotional aspects of this disease.
Lebanon
Call for information: 541-812-5888

Support Group for Young Adults
For ages 25 to 40, who have experienced cancer.
Albany/Corvallis
Call for information: 541-767-2711

Cancer Information
Access print and electronic cancer information references materials online. The service is free to residents of Benton, Lincoln and Linn counties. Visit samhealth.org or call 1-888-4-SAM-LIB (1-888-472-6542). You can also visit our resource centers for information and referral services.

Cancer Information
Access print and electronic cancer information references materials online. The service is free to residents of Benton, Lincoln and Linn counties. Visit samhealth.org or call 1-888-4-SAM-LIB (1-888-472-6542). You can also visit our resource centers for information and referral services.

Cancer Support Resources listing is the Healthy Living section for more information.

Living with Cancer
This support group is open to patients and caregivers of all cancer types. Open discussion about any cancer-related issue is welcomed.
Albany/Corvallis
First Tuesday, 7 to 9 p.m. Call for information: 541-750-3223 (days), 541-753-1228 (evenings)

Metastatic Cancer Support Group
This support group explores how to cope with advanced cancer. A safe environment where you can openly share your worries and frustrations, and voice your hopes and dreams.
Corvallis
Second and fourth Wednesdays, 11 to 12:30 p.m. Call for information: 541-768-8055

Oncology and Nutrition
Consult with a registered dietician about cancer-specific dietary counseling and nutrition during and after cancer treatment.
Albany/Corvallis
Call for information: 541-812-5888

Swedish Massage Therapy
Focuses on those with cancer and caregivers. Provides relaxation. Physician’s approval required.
Albany/Corvallis
Call for information: 541-767-2711

Join our mailing list
Receive monthly updates about new classes, programs and events for cancer survivors. All contact information is kept confidential. For information or to sign up, call 541-812-5888.

Cancer education and support
Save the date: Cancer Survivors Day!
Every year on the first Sunday in June, the Samaranit Cancer Program celebrates National Cancer Survivors Day in Corvallis. Save the date for Sunday, June 4, for this year’s event and 5k walk.
For information, visit samhealth.org/SurvivorsDay or call 541-768-4252.
Samaritan Health Services offers physician clinics in Benton, Lincoln and Linn counties.

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

Army veteran Jennifer Zeck, a nursing trainer, uses the skills she learned in the military in her job at Samaritan Health Services. Samaritan has been recognized as a Military Friendly® Employer. Read more on page 7.

Photo by Karl Maasdam Photography

Need help finding a doctor? Visit samhealth.org/FindADoc or call 1-800-863-5241.