



### Newport Resident Finds Purpose After Pulmonary Embolism

An ordinary Newport evening quickly changed for Donni Pitzl when the panic attack she thought she was having turned out to be something far worse. Learn about Donni's journey toward a second chance at life.

[Read more and see Donni's inspiring story.](#)



### Control the Snore!

Your bedroom is quiet and dark, and your bed is just the right amount of cozy ... you close your eyes and sink into sleep, only to be nudged by your partner with – "You're snoring again!" Sleep Technician Michael Stout offers sound advice.

[Sleep well – and keep your partner happy!](#)



### Get Relief from Five Common Allergic Reactions

Allergic reactions can strike out of the blue. Would you recognize a reaction or know when to get medical attention? Physician Assistant Lee Ann Wetzel shares the most common reactions, how to get relief and when to seek medical assistance.

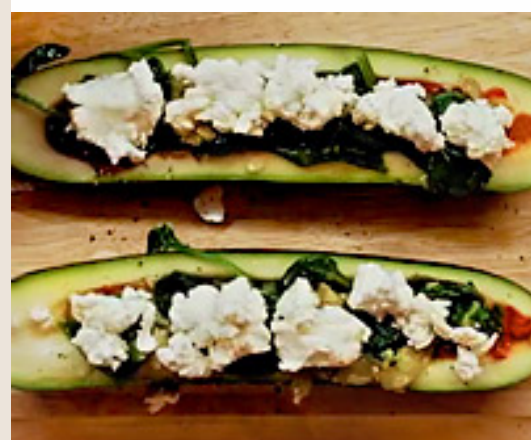
[Know what to do if it happens to you.](#)



### Can You Overcome Persistent Pain Without Medication?

If you've depended on prescription drugs to manage pain for years, going off medication may seem unrealistic. Physical Therapist Kellie Lewis and Clinical Psychologist Christopher Smith discuss new research and approaches to treating persistent pain.

[Learn more about pain management.](#)



### Try Zucchini Pizza Boats

The end of summer brings a bountiful harvest of zucchini. Packed with healthy fats, antioxidants, fiber and more, you just may find yourself making this heart-healthy recipe when the zucchini bonanza is over!

[See the video and get the recipe.](#) (~ 1 min.)

## News

[More News](#)

[Samaritan Named Military Friendly Employer](#)

[Samaritan OB/GYN Recognized for Low C-section Rates](#)

[Protein Program Helps Vulnerable Patients Heal](#)

## Classes & Events

[More Events](#)

Albany

[Sleep Apnea Fair](#)

Wednesday, Sept. 18

Newport

[Adult-Focused Mental Health First Aid](#)

Tuesday, Sept. 24

Corvallis

[Pain Solutions: First Steps](#)

Tuesday, Sept. 24

Albany

[Veteran-Focused Mental Health First Aid](#)

Friday, Sept. 27

Lebanon

[Stop the Bleed](#)

Tuesday, Oct. 1

Corvallis

[Youth-Focused Mental Health First Aid](#)

Friday, Oct. 4