



Boost Your Immune Response with Quality Sleep

With worries about COVID-19 top of mind, getting plenty of rest can help. Sleep Study Tech Michael Stout explains the connection between sleep and a healthy immune response.

[Get tips for a better night's sleep.](#)



Give These 10 Ideas a Try While Staying at Home

Changes in our day-to-day lives right now can add a sense of uncertainty and anxiety about the future. Psychologist Bella Vasoya recommends focusing on what you CAN do to take care of yourself.

[Keep a positive perspective.](#)



Take This Time As an Opportunity for Reflection

If the pandemic is prompting you to re-evaluate what is important to you, you're not alone. Samaritan chaplains offer guidance during these challenging times.

[Take stock of what matters most.](#)



Help Is Available When "Staying Home" Isn't Safe

The isolation of Oregon's "stay home" order can put those living in an abusive relationship in an unsafe situation. Amie Keys, RN, with Sarah's Place, shares free and confidential resources in our area and how you can protect yourself.

[Learn where to find help near you.](#)



Try Miso Sesame Vinaigrette on Your Next Salad

This sweet and tangy dressing is complemented by the savory flavor of miso, a common ingredient in many Japanese dishes. It's a delicious dressing on a salad or can be used as a "tasty topper" for just about any dish.

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

If your work situation has changed, you may qualify for health insurance through the Oregon Health Plan.

[Learn More](#)

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