



Treating All with Dignity & Respect

Samaritan's values are: passion, respect, integrity, dedication and excellence. We call it Samaritan PRIDE. We are proud to care for all members of our communities regardless of race, ethnicity, gender, culture, socioeconomic status, language, sexual orientation, age, spirituality and literacy. That is at the core of our mission to Build Healthier Communities Together. "Together" is a powerful word. Healing will take working together, as a community and a country. Samaritan will do its part and continue to serve all with PRIDE.

[Read more from Samaritan CEO Doug Boysen.](#)



"I Met a Different Kind of Warrior That Night" – Suzy Conway

Suzy Conway was frightened the night she needed emergency surgery, but the compassion from her team of caregivers so moved her, she penned a [story](#) about her hospital stay.

[Read about Suzy's experience.](#)



Strengthen Your Immune System with Four Nutritional Tips

We know hand washing, physical distancing and face masks can minimize the spread of the coronavirus. Dietitian Mica Ward provides nutritional strategies to give your immune system an added boost.

[Eat your way to better health and immunity.](#)



What's Behind That Pain in Your Neck?

Neck pain can be incredibly debilitating when you can't turn your head without wincing. Orthopedic Spine Surgeon Christopher Noonan, MD, shares the causes for neck pain, home remedies and when to get it checked out.

[Know when to see your doctor.](#)



Prenatal Drug Use Affects Baby Development

Alcohol, nicotine, marijuana and other drug use during pregnancy has long term consequences for babies. Lindsey Felix, PhD, with Samaritan Neuropsychology, explains how these substances affect babies and how to help children born with developmental issues.

[Understand the risks.](#)



Try Creamy Smoked Salmon Dip

With a touch of smoky flavor, this heart healthy salmon dip is sure to be a hit at your next gathering. Even better, it's easy enough to make for a stay-at-home meal.

[Watch 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](#)

News

[More News](#)

[Don't Be Afraid to See Your Doctor During COVID-19](#)

[Samaritan Patients Give Thumbs Up to Safety Measures](#)

[SamFit Is Open - Hours Vary By Location](#)

[Samaritan Updates Visitor Restrictions](#)

[MRI Project Kicks Off with Large Donation & Grant](#)

[Lebanon Hospital Foundation Awards \\$154,000 for Care](#)

Classes & Events

[More Events](#)

📍 Online

[Virtual Grief Support Group](#)

Every Thursday

📍 Online

[Weight Loss Surgery Information](#)

June 17 & 23

📍 Online

[Cancer Support Group](#)

Wednesday, June 17