



“Holy Moly! It’s Like Someone Put a New Engine In!” – Randall Milstein

After noticing an intense pain in his back, Oregon State University instructor Randall Milstein learned he needed open heart surgery. Determined to see his students by finals, his recovery and enthusiasm for life are an inspiration.

[Read Randall’s story.](#)



Stay Hydrated in the Heat of Summer

On a hot day, dehydration can sneak up on you faster than you might think. Dr. Doug Aukerman, Samaritan Athletic Medicine Center, explains why staying hydrated is important for all ages.

[Quench your thirst with these tips.](#)



Can’t Sleep? These 5 Essential Nutrients Can Help

If you’ve tried everything and sleep is still eluding you, it may be time to examine your diet. Dietitian Bonnie Buckingham explains how five important nutrients can help.

[Eat well, sleep well.](#)



Hormone Therapy May Ease the Transition to Menopause

Hot flashes, night sweats, sleepless nights ... if the symptoms of perimenopause are troubling you, it may be time to learn about your options. Dr. Paul Daskalos with Samaritan Gynecology & Surgical Associates discusses hormone therapy.

[Keep cool during menopause.](#)



Indulge in Raspberry Honey Almond Fudge Cups

These fudge cups can curb your cravings for “something sweet” while delivering decadent flavor and texture.

[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.

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