



Compare Your Options for Satisfying Your Sweet Tooth

With so many sugar substitutes available, you may be wondering if one offers more benefits than another. Diabetes Educator Angie Frederic offers insight on finding a substitute that fits your taste.

[Get the "un-sugared" scoop on sweeteners.](#)



Optimism May Help You Live a Longer, Healthier Life

A growing number of studies find that optimism plays an important role in health and how long you may live. Dr. Raymond Simon with Samaritan Family Medicine shares how to increase your tendency to see the brighter side of life.

[Keep your glass half full.](#)



Is It Time for Joint Replacement?

You may notice your joints getting a little stiffer and wonder if joint replacement is in your future. Dr. Kelli Baum with Samaritan Medical Group Orthopedics explains when this surgical option makes sense.

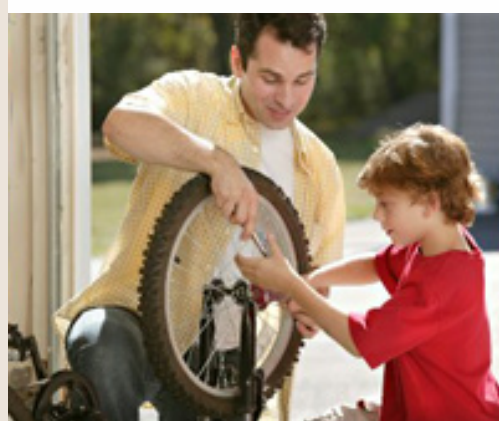
[Know when the time is right.](#)



Getting Outside Can Help Reset Your Outlook During COVID-19

Whether hiking or just enjoying a walk through your neighborhood, getting outdoors can help your outlook and physical health. Christopher Hart, PA, Samaritan Depoe Bay Clinic, shares the importance of getting outdoors.

[Enjoy the healing benefits of nature.](#)



Providing Structure Helps Kids to Thrive in Uncertain Times

It can be a challenge to keep children entertained, stimulated and learning all while managing your work and daily responsibilities. Neuropsychologist Lindsey Felix offers tips to build structure and predictability into the lives of the children you love.

[Get new ideas that can help.](#)

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

[Learn More](#)

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Every Thursday

Tuesday, Aug. 25

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