



### Samaritan Prepares for the COVID-19 Vaccine

When a vaccine for COVID-19 is approved by the FDA it may just take a week or two before it becomes available to Samaritan patients. Chief Pharmacy Officer Daniel Rackham discusses safety, effectiveness and what to expect.

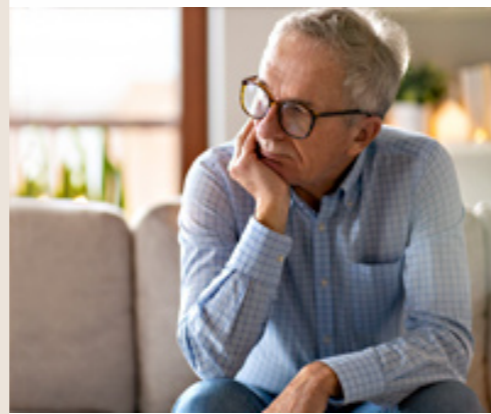
[Learn about the arrival of the COVID-19 vaccine.](#)



### Is It Possible to Be Overweight & Healthy?

A visit to the doctor almost always includes a stop at the scale to record weight, height and BMI as part of an assessment of overall health. Dr. Erika La Vella explains the many additional considerations taken into account.

[Understand the complete picture.](#)



### If You're Feeling Lonely, You're Not Alone

The prolonged time of social distancing, especially during the holidays, can make loneliness a powerful emotion to overcome. Psychologist Sandra Minta offers advice and tips to help.

[Find 10 ideas to counter loneliness.](#)



### Is It a Stroke? Know the Signs: B.E. F.A.S.T.

Time is of the essence when it comes to preventing serious complications from stroke. Learn the symptoms to look for and the importance for quick action from Stroke Coordinators Sarah Vincent and Carrie Manley.

[Alert yourself to the six signs of stroke.](#)



### Seeds & Nuts Are Good for You!

It's nice to know seeds and nuts can be a wise dietary choice – though not covered in chocolate and caramel! Dietitian Kirsti Troyer explains how to enjoy their health benefits while keeping your weight in check.

[Try these nuts and interesting seeds.](#)

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

[Learn More](#)

#### News

[More News](#)

[Samaritan Updates Face Mask Requirements](#)

[Join Hospital CEOs for Virtual Events This Week](#)

[New da Vinci Robot Enhances Surgical Technique](#)

#### Classes & Events

[More Events](#)

Virtual Seminar

[Prostate Cancer Research 101](#)

Wednesday, Dec. 9

Virtual Fundraiser

[12 Days of Giving - Newport](#)

Dec. 1 - 12

Phone Event

[Annual Holiday Phone Sale](#)

Friday, Dec. 11

Virtual Event

[Learn About COVID-19 Vaccine with Dr. Adam Brady](#)

Thursday, Dec. 17

Virtual Seminar

[Freedom from Smoking](#)

Monday, Jan. 4

Virtual Seminar

[Mind-Body Medicine Skills for Caregivers](#)

Tuesday, Jan. 12