



"She Never Let Go of My Hand"

– Cyndee Martin

It was a surreal moment when Newport resident and hospital volunteer Cyndee Martin realized she was having a stroke. When asked to make a decision that could potentially impact her health and life, she locked eyes with a nurse she recognized and found the strength she needed.

[Read Cyndee's story.](#)



Is It Healthy to Be a Perfectionist?

Being a perfectionist can be both beneficial and problematic. Psychiatrist Patricia Gardner, MS, Samaritan Coastal Clinic, compares the healthy and unhealthy attributes of perfectionism and when to seek assistance to manage this tendency.

[Tame that inner taskmaster.](#)



Manage Acid Reflux With Lifestyle Changes

If you regularly feel uncomfortable after meals with heartburn or indigestion, it may be acid reflux. Dr. Samantha Shah, Samaritan Internal Medicine, shares four lifestyle changes that can provide relief.

[Put a hold on your heartburn.](#)



Workplaces Look Different as We Navigate the Pandemic

The world of work has changed since the pandemic. Jill Mackey-Feist, employee health nurse at Samaritan Health Services, explains what employees can expect as they return to on-site locations or work remotely from home.

[Find ways to help you adapt.](#)



Understand the Science Behind Your Sneeze

Sneezing is a mysterious bodily function that can happen at inopportune moments. Nurse Practitioner Vanessa Mizak, Samaritan Medical Group Pulmonology, explains why we sneeze and offers helpful tips in light of the pandemic.

[Learn if holding a sneeze is a good idea.](#)

COVID-19 vaccinations are underway in Benton, Lincoln and Linn counties. Learn about vaccinations near you.

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