



“I Only Wish I’d Have Done This Sooner” –Tom Willoughby

Everyday activities were becoming difficult for 83-year-old retiree Tom Willoughby. After putting up with knee pain for far too long he decided to do something about it and had knee surgery.

[Read about Tom’s joint replacement experience.](#)



Develop 10 Habits for Happiness

Finding happiness amid change or life’s daily stressors may sometimes feel daunting. Psychiatry Fellow Patrick Bowers with Samaritan Mental Health offers 10 habits that can provide a more contented outlook on life.

[Embark on a journey toward happiness.](#)



What Does an A1C Test Tell Your Health Care Provider?

This simple blood test can tell your health care provider a lot about how your body regulates blood sugar over time. Registered Dietitian Suzanne Watkins explains the A1C test and how to manage your blood sugar for better health.

[Keep your blood sugar in check.](#)



High Risk for Breast Cancer? An MRI May Be Right for You

According to the American Cancer Society, an MRI is the best tool to detect breast cancer in women at high risk. Learn how risk is assessed and how breast MRI works from Dr. Jessica Germino, a specialist in breast imaging radiology.

[Talk to your clinician about MRI as an option.](#)



The COVID-19 Vaccine Is Now Available for Children Ages 5 to 11

The CDC recently expanded its COVID-19 vaccine recommendation to children as young as five. Dr. Eddie Frothingham with Mid-Valley Children’s Clinic discusses the vaccine and its use in this age group.

[Learn more and schedule an appointment.](#)

News

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[Kids COVID-19 Vaccine Supplies Limited at First](#)

[Samaritan Revises Visitor Restrictions](#)

[Boosters Advised for All Three COVID-19 Vaccines](#)

[ED Staffers Praised for Restraining Fleeing Suspect](#)

[Medicare Open Enrollment Is Underway](#)

[Corvallis Hospital Earns Baby-Friendly Designation](#)

Classes & Events

[More Events](#)

Virtual Seminar

[Cancer & Heart Disease: Is There a Connection?](#)

Wednesday, Nov 17

Virtual Seminar

[Introduction to Innovative Models of Care](#)

Monday, Oct. 11

Virtual Event

[Light Up a Life Remembrance](#)

Friday, Nov. 19

Virtual Seminar

[Neighborhood Medicare Meetings](#)

Friday, Nov. 12 & 19

Virtual Seminar

[Year-end Giving & Potential Tax Law Changes](#)

Wednesday, Dec. 1

Event

[Annual Holiday Phone Sale](#)

Friday, Dec. 10