



### “It’s Like You’re Starving for Your Breath” – Mike Dean

At 37 and in good health, Mike Dean figured he wouldn't get seriously ill from COVID-19 and didn't get vaccinated. After spending 35 days in the hospital, he hopes his experience will encourage more people to get vaccinated.

[Read Mike’s ordeal with COVID-19.](#)



### Adjust Your Mindset for a Happier Holiday Gathering

From political squabbles to past disagreements, it’s no secret that family get-togethers can be stressful. Psychologist Geoffrey Schaubhut, PhD, with Park Street Clinic, offers seven ways to approach your next holiday gathering.

[Focus on what you can give.](#)



### Learn the Limits of Leftovers

With the effort that goes into big holiday meals, it can be tempting to hang onto leftovers longer than we should. Get tips on handling them and what to do if food poisoning strikes from Physician Assistant Mike Cruise, Samaritan Medical Group Urgent Care.

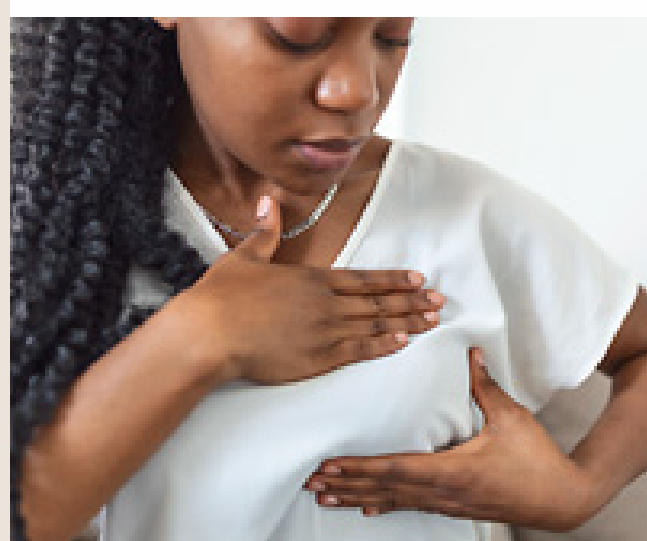
[Be smart about your leftovers.](#)



### Do Your Shoulders, Elbows, Wrists or Hands Hurt?

Feeling pain in your upper extremities can impair your ability to work, play or care for yourself. Richard Davis, MD, orthopedic surgeon with Samaritan Orthopedics & Podiatry explains the causes of pain and what can be done for relief.

[Find out what can help.](#)



### I Found a Lump in My Breast – Now What?

Many women have experienced the worry of finding a lump during a breast self-exam. Samaritan Radiologist, Jessica Germino, MD, explains what to do next and the tools used to make a diagnosis.

[Learn what happens next.](#)

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