



“I thought people were making too big of a thing of it.” – Matt Umberger

Albany resident Matt Umberger wondered if pandemic concerns were overblown. Still, he was careful to mask and distance. After becoming critically ill with COVID-19, he hopes his experience will help others take precautions.

[Read Matt's story and see his video.](#)



What Does Omicron Mean for the COVID-19 Pandemic?

Dr. Adam Brady, infectious disease specialist and head of the Coronavirus Task Force at Samaritan, provides the latest information on the omicron variant, treatment and how to protect yourself.

[Learn more about omicron.](#)



Dial-up Omega-3s in Your Diet

Omega-3s fatty acids are a type of polyunsaturated fat that support a variety of important functions in your body. Dietitian Emily Isaac shares the benefits of these essential nutrients and the best food sources to add more omega-3s to your menu.

[Eat well, live well.](#)



Rethink “Bedtime Procrastination”

If you're staying up late to gain time you didn't have to enjoy a hobby or relax, you may want to avoid making it a habit. Dr. Patricia Gardner, psychiatrist at Samaritan Coastal Clinic, examines the importance of planning for both sleep and “me time.”

[Find the balance.](#)



Is Immunotherapy Right for You?

Immunotherapy is a cancer treatment that can help boost your immune system to better recognize and eliminate cancer. Dr. Bud Pierce, oncologist with the Samaritan Cancer Program, explains five common types of immunotherapy and who can benefit.

[Understand your options for care.](#)

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