



### “If you can get there, I’ll take you fishing.” – Brian Oakes, FNP

When Brian Oakes, FNP, first met patient Larry Samples, it didn’t take long to learn their shared love of fishing. As Larry’s heart failure worsened, he told Brian of his wish to go fishing in Alaska. Together, they made it happen.

[Read how two fishermen connected.](#)



### Upgrade Your Mask for the Best Protection

Choosing a mask with enhanced filtration is one of the best ways to protect yourself from the very transmissible Omicron variant. Adam Brady, MD, head of the Coronavirus Task Force, explains the recent change in mask recommendations.

[Compare the effectiveness of mask options.](#)



### Make Five Healthy Changes to Improve Your Cholesterol

Lowering your cholesterol is an important step in avoiding heart disease. Ryan Reeser, DO, resident physician at Samaritan Family Medicine Resident Clinic, explains the difference between good and bad cholesterol and offers healthy choices to incorporate into your life.

[Impact your long-term health.](#)



### Understand What Makes Your Blood Type Unique

Knowing your blood type may not be a top medical priority, but understanding the difference between the eight unique types offers an interesting look into the science of blood. Josh Cumberland, lead medical lab scientist at Samaritan Albany General Hospital, explains.

[Learn more about blood types.](#)



### Exercise Safely After a Heart Attack

If you’ve recently had a heart attack, it can be hard to know how much exercise is the right amount. Rachel Lasselle, a clinical exercise physiologist and cardiac rehabilitation manager, shares exercises and four tips to get started.

[Take steps toward heart health.](#)

## News

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[Cancer Center’s Winter Warm Event Well Supported](#)

## Classes & Events

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<p>Virtual Event</p> <p><a href="#">Weight Loss Surgery Seminar</a></p> <p>Tuesday, Feb. 15</p>	<p>Virtual Seminar</p> <p><a href="#">Mediterranean Diet 101</a></p> <p>Wednesday, Feb. 16</p>	<p>Virtual Event</p> <p><a href="#">MedTalk: Improve Access to Health Care</a></p> <p>Thursday, Feb. 17</p>
<p>Virtual Event</p> <p><a href="#">Heart Health During the Pandemic</a></p> <p>Wednesday, Feb. 23</p>	<p>Virtual Seminar</p> <p><a href="#">Precision Wellness: Sustainable Weight Loss Series</a></p> <p>Tuesday, Mar. 1</p>	<p>Virtual Event</p> <p><a href="#">Cancer Support Groups at Samaritan</a></p> <p>Events this Month</p>

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Health Services

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Samaritan Health Services  
3600 NW Samaritan Drive  
Corvallis, OR 97330

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