



“It was my home away from home ... I spent half my life there.”

– Carol Carter

In her 37 years as a nurse at Good Samaritan Regional Medical Center, Carol Carter tended to 35,000 babies, survived a heart attack, changed over a *million* diapers – and had the spirit to come back and volunteer in her retirement years!

[Read Carol's inspiring legacy.](#)



### Make Squash a Dietary Staple

With so many varieties and an abundance of nutrition, squash makes an ideal addition to your diet. Physician Assistant Emily Webber, Samaritan Albany Surgical Associates, shares the benefits of squash and two of her favorite recipes.

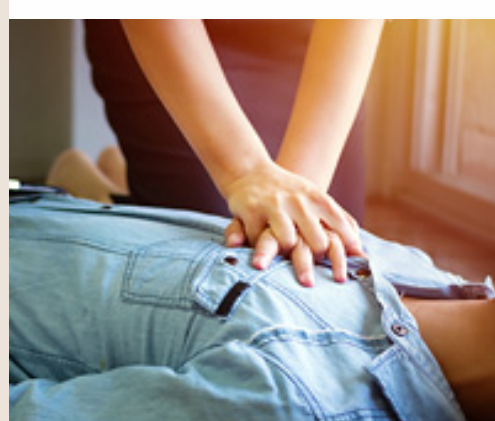
[Enjoy squash throughout the year.](#)



### Protect Your Lungs From Wildfire Smoke

The quality of the air we breathe isn't something that most of us think about, until we notice a change. Family Nurse Practitioner Vanessa Mizak, Samaritan Medical Group Pulmonology – Corvallis, explains the effect of smoke on the respiratory system and how you can protect yourself.

[Take precautions when air quality is poor.](#)



### Hands-only CPR Saves Lives

Did you know that CPR can double or triple the chances of survival of sudden cardiac arrest? Brandi Young, RN, and Basic Life Support instructor with the American Heart Association, shares the basics of performing hands-only CPR.

[Make a difference in an emergency.](#)



### Pharmacists Work to Manage ADHD Drug Shortage

A nationwide shortfall of medication for Attention Deficit /Hyperactivity Disorder (ADHD) has impacted pharmacies and patients across the country. Megan Jones, director of Samaritan Outpatient Pharmacies, explains the shortage and strategies to weather supply issues.

[Get tips to manage.](#)

## News

[More News](#)

[Samaritan Offers Drive-Thru Flu Shots](#)

[Celebrate Our 75th – Level II Trauma Center Attained](#)

[Cancer Resources Expand in Lincoln & Linn Counties](#)

[Light up a Life Offers Live & Virtual Events This Year](#)

[Samaritan Offers the Convenience of Text Messaging](#)

[Calling All Artists for Arts in Health Care Events](#)

## Classes & Events

[More Events](#)

Corvallis

[Mind, Body, Sexual Health & Cancer Survivor Retreat](#)

Friday, Sept. 15

Corvallis

[Bras for the Cause & Art for the Cause – \(AM & PM Events\)](#)

Saturday, Sept. 23

Newport

[Breast & Bone Health Wellness Seminar](#)

Tuesday, Sept. 26

Newport

[Healthier You Expo](#)

Saturday, Sept.30

Virtual

[Freedom From Smoking – Series](#)

Monday, Oct. 2

Lebanon

[MAPS Pain Mastery Group – Series](#)

Tuesday, Oct. 3