

“Our mission is to be your partner, your resource, and your guide to optimal health”

Samaritan Family Medicine

Resident Clinic– Newsletter

Free Classes at SFMRC

- Living well with chronic conditions: This workshop is a 6 week course that meets 2.5 hours each week.
- ◆ Living well with chronic pain: This workshop is a 6 week course that meets 2.5 hours each week.
- ◆ Veteran Support Group: This group meets every other Friday.
- ◆ Smoking Cessation: This class is a 6 week course that meets 1.5 hours each week.
- ◆ Nutrition: This class is a 4 week course that meets one hour each week.
- ◆ Advance Directive/ POLST: This is a one time class that meets for 1.5 hours once a month.

Chronic Pain Treatment

Chronic pain is a widespread condition. National surveys state that 14.7% of the U.S. population has some form of chronic pain, whether in one place or all over the body. In the past, providers have given pain medication to patients in the form of anti-inflammatories (Ibuprofen or Naprosyn) and opiates (hydrocodone, oxycodone, morphine and others).

The widespread use of opiate pain relievers has led to safety-related problems. People are dying from the overprescribing of these medications, primarily by overdose. The new guidelines made by the Centers for Disease Control and Prevention (CDC) have put patient safety to the forefront. In every case where doctors are providing opiate pain relievers, except for cancer pain, those doctors should be working on decreasing the daily dose of those medications.

Along with the new guideline, the Oregon Health Plan is making changes to the treatment of chronic back pain. Starting July 1, opiates must be tapered off and stopped by the end of the year. Continuing to take opiates under OHP will be very difficult with

the understanding that safety is the primary concern. Doctors and patients will need to work together to show that the taper is happening in order to get prescriptions for longer than seven days at a time.

So, what are the alternatives to opiates? OHP is offering to cover alternative treatments to opiates for chronic back pain. Some of these alternatives include acupuncture, cognitive-behavioral therapy (CBT), osteopathic or chiropractic manipulative therapy, yoga and others. Please talk to your doctor about referrals for alternative treatments.

Your family doctor is very interested and concerned about your welfare. Being on opiates is not in your best interest, long term. We will work with you to ensure a safe and functional life. Please feel free to talk to any of us about your care.



Summer Safety Tips

Summer is finally here! Here are some tips to keep you and your family safe during these hot summer months:

1. It's important to stay hydrated. But this goes beyond drinking water. Did you know that some foods can keep you hydrated? Roughly 20% of our daily H₂O intake comes from solid foods, especially fruits and vegetables. Watermelons, leafy greens, celery, berries, cucumbers, grapes and even fresh broccoli contain plenty of water.
2. Limit consumption of alcohol, coffee, tea and soft drinks, which cause dehydration.
3. It's important to know the difference between heat exhaustion and heat stroke. Get emergency medical attention immediately if someone has one or more of the following symptoms: mental confusion or loss of consciousness, flushed face, hot, dry skin or has stopped sweating.
4. Next time you're shopping for sunscreen, look for a bottle with the label "Broad Spectrum". This type of sunscreen blocks both ultraviolet B radiation (UVB) and ultraviolet A radiation (UVA). Make sure to reapply sunscreen at least every 2 hours or more.
5. Keep your first aid kit stocked and close by. Bug bites, abrasions and rashes are all too common when the weather is nice.

Billing and Insurance

Have you ever had any questions about billing and insurance? Here are some medical billing insights to improve your overall experience here at Samaritan Family Medicine Resident Clinic.

1. We ensure patient demographic and insurance information is up to date. Next time you check in with a receptionist, or the new kiosk in the lobby, make sure to give all updated address and insurance changes. This ensures that insurance is billed correctly.
2. Most visits at our clinic have a copay attached. Patients have the option to pay now, or be billed. Choosing to be billed at a later date will cause a balance to accumulate on the patient's account.
3. Here at your medical home, every visit has diagnosis codes and billing codes. These go to our "coders" for review before being submitted to insurance companies. They will either cover in full, partially cover, apply to one's deductible or deny the claims pertaining to the patient's health plan/coverage.

4. What is not covered by the primary insurance, will then be sent to the supplement insurance and any remaining amount will be sent back to the patient. While something may be 'covered' it may still be applied to one's deductible, resulting in a bill to the patient.

5. Denials can sometimes be adjusted and resubmitted after a coding review and/or update to information, although we cannot change what happened or what was provided during the office visit.

While we work as hard as we can to stay up to date with the insurance companies, patients may be caught off guard to what their insurance company covers and what their deductible amount may be. It is the patient's responsibility to know what services are covered and which are not. There are many payment options available and we will assist as much as we can.

Welcome our new Health Navigator!

We are pleased to welcome Cristina, our new Health Navigator, to our medical home. You may be thinking, what is a health navigator? A health navigator is a community service worker that is employed by Benton County and works in clinic to assist patients with a variety of needs. Some of the services Cristina can assist with include registering people for the Oregon health plan, health education, and assisting with accessing community resources as needed. She has been a great addition, and has already been able to jump in and help several people.

Befriend Your Body by Jana

Hey, what's that thang carrying around your chattering monkey mind all day? Given it any love lately?

Here is a short list for your daily resolution, there are so many small ways to carry it out.

1) Well of course, give it a little exercise. Take a walk, go to the gym, or just dance to some Motown in your kitchen. Check out your local venues and do some restorative yoga or get your ya yas out with some wild Zumba dance.

2) Eat something wonderful that's locally made and grown and doesn't have too many ingredients. Think about how the sun became it and it is becoming you. *My, you look lovely in that kale.* Try First Alternative Coop for luscious local lectibles; or one of the many restaurants that specialize in locavore dishes.

3) Shine on, you crazy diamond. Get some sun on that skin. Try for a least 20 minutes a day on arms, hands, face to generate that D.

4) Give some extra special love to a body part that's giving you trouble. In one of her memoirs, writer Ann Lamott talks about having to go on a cruise after not seeing her thighs in the light for oh, some decades perhaps. She had worked herself into a tizzy about having the "aunties" as she called them come out into the daylight nekkid. A friend came over and they spent some time loving on the aunties-- rubbing them with lotion, putting on sparkly stickers and reassuring them they were fine coming out to visit. I don't know if this is the intervention you particularly need-- but how about a nice hot bath? A professional massage? A pedicure? This is basically a thank you present to your body for doing all the labor.

5) Try some relaxation and breathing practices to help release the tension of modern life. Here's three from Dr. Weil's page: <http://www.drweil.com/drw/u/ART00521/three-breathing-exercises.html>

6) Wear something that makes you happy. Flannel pajamas do it for me. My sisters prefer fancy boots and saucy skirts; one says, "Sparkle is my favorite color." I'm function, they're form. Diversity is great. What decorations for your skin honor your "unique Eunice"? Which outfits up your confidence, silliness, sexiness, relaxation? Drag it out and on and pay attention to how you feel in your ceremonial costume. In a rut? Mix it up. If you're always flannels, try on some Goodwill silks and see how Body feels.

Yummy Strawberry Lemonade

8-10 large strawberries cut in half

2 tablespoons sugar

1/2 cup sugar

7 cups of water divided

2 cup freshly squeezed lemonade

Place strawberries in a blender; top with 2 tablespoons sugar. Pour 1/2 cup water over sugared strawberries. Blend until strawberry chunks transform into juice.

Combine strawberry juice, 6 cups water, 1 cup sugar, and lemon juice in a large pitcher; stir until blended. Chill before serving.



*allrecipes

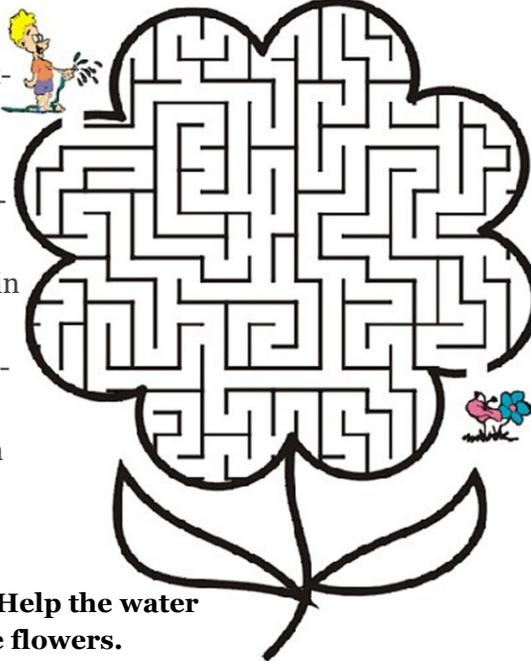
Fighting Hunger in the Midst of Plenty

For more than 30 years, Linn Benton Food Share has been feeding Linn and Benton counties, because we are committed to the idea that no one goes hungry in the two-county area we serve. In order to efficiently move food to those in need, we work closely with local nonprofit groups throughout Linn and Benton counties.

Through this network of local partner agencies—emergency shelters and food pantries, soup kitchens, child and senior care centers, shelter homes, and gleaning groups—we attempt to reach every person in our area who cannot find enough resources to adequately feed themselves or their families. Last year Food Share distributed 5.4 million pounds of food to our 74 member agencies.

With our vision that “Everybody Eats,” Linn Benton Food Share supports the goals of the [Oregon Food Bank Network](#) to eliminate hunger and its root causes in our region. We do this by providing needed food today and nutrition education for better health tomorrow.

Contact Linn Benton Food Share
Phone: 541-752-1010



Flower Maze: Help the water get to the flowers.

Looking for some fun summer fitness classes?

Linn-Benton Community College is offering summer fitness classes starting June 27th. Some of the classes being offered include: Yoga, Tai Chi Chuan, Pilates, Better Bones and Balance, and much more! Class fees range from \$39 to \$99

For more information, or to register for classes contact one of the LBCC locations by phone or in person:

Albany Center	(541) 917-4840
Benton Center	(541) 757-8944
Lebanon Center	(541) 259-5801
Sweet Home Center	(541) 367-6901

Or on the Web at
www.linnbenton.edu/ce

**Availability of classes varies by location. Class times vary to fit your busy schedule.*

Did you know that the city of Corvallis' Parks and Recreation office offers scholarships as part of the Family Assistance Program? These scholarships can be used to pay most of the classes listed in the Parks and Recreation Activity Guide, and at the Osborne Aquatic Center. The scholarship offers \$150 per family member, and only one application is needed for the entire family.

To Qualify:

- Must be a resident of Benton County
- Must be at or below 150% of Federal Poverty guidelines
- Must Provide Proof of eligibility (i.e. WIC, TANF, SNAP, Oregon Health Plan, etc)

Applications are available at the Parks and Recreation office, and Osborn Aquatic Center; for more information or to download an application visit www.corvallisoregon.gov. Need a little extra help with your application? Ask to speak to our Health Navigator, Cristina for assistance.