



## Albany Woman Won't Take Chances with Diabetes

When Lynette Bush received her diabetes diagnosis she began making immediate changes. Her work at a local nursing facility gave her firsthand knowledge of diabetes's long-term effects and all the motivation she needed to change her life.

[Get Inspired by Her Story](#)



"When my doctor tells me I need to do something, I try my darndest to do it!"

—Lynette Bush

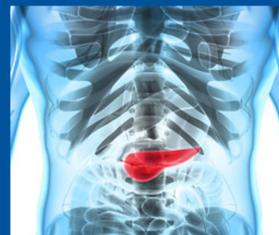


## Don't Let Depression Get You Down

Q & A with Alan Silver, PsyD

It's quite common for people who have diabetes to struggle with depression. Clinical psychologist Alan Silver explains why the two conditions often coincide with each other and provides advice to help you cope.

[Learn More](#)



## Stop Pre-Diabetes in Its Tracks

By Jennifer Sylvester, BSN

What is meant by the term "pre-diabetes" and what can you do about it? Diabetes nurse Jennifer Sylvester explains this precursor to diabetes and offers six simple lifestyle changes to help you take control of your health.

[Change Your Course](#)



## Keep Your Balance with Simple Exercises

By Jamie Brown, RN, CDE

Advancing age, a sedentary lifestyle and diabetes can all lead to dwindling strength and balance issues that can put you at high risk for a fall. Diabetes Educator Jamie Brown offers a host of easy, daily exercises to keep you on your feet.

[Get Started](#)

## Stuffed Green Peppers

When you don't feel like spending a lot of time in the kitchen, stuffed peppers are a great go-to meal. Lean ground turkey provides a low-fat substitute to beef, while brown rice adds a nutty flavor and boosts nutrition. Hearty, healthy and easy to make, they're a tasty weeknight dinner option!

[Try the Recipe](#)



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