



### Toledo Woman Meets Diabetes Head-On

By Heather Johnson, BSN

When Jennifer Potter was diagnosed with diabetes, she was no fan of adding multiple medications and blood sugar checks to her daily routine.

Determined to make changes, Jennifer has already dropped her A1C in half and made major changes in her life.

[Get Inspired by Her Story](#)



"I've learned that we can have a meal without pasta or potatoes and I've found new ways to prepare vegetables – we love it!"

–Jennifer Potter



### Manage Diabetes on the Night Shift

By Theresa Anderson, RD, CDE

Working the night shift or a rotating shift can present special challenges to managing diabetes. Diabetes educator Theresa Anderson, offers tips to better manage your blood sugar and health.

[Learn More](#)



### Research Suggests 5 Types of Diabetes

By Michelle Partridge, BSN, CDE

New research suggests there are actually five types of diabetes, rather than just type 1 and type 2. Diabetes nurse and educator Michelle Partridge, explains how this new approach might benefit disease management.

[Find Out Why](#)



### Diabetes Educator Joins Our Team

Good Samaritan Regional Medical Center welcomes Jessica Hoehne, RN, to the Diabetes Education team. Hoehne has experience treating type 1 and 2 diabetes and diabetes in pregnancy. She is now taking new patients in Corvallis.

[Meet Jessica](#)

### Blueberry Almond Waldorf Salad

This enjoyable, diabetes-friendly salad is simple to prepare and incorporates the bounty of spring. It's low in fat, cholesterol and sodium and full of flavor. The blueberries provide antioxidants and the spinach provides vitamins A and C, magnesium and iron.

[Try the Recipe](#)



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