

Fall 2021

heart *to* heart

Your local guide to good health
from Samaritan Health Services



**Young racer uses
determination, charm
to get back on the track**



From the president

Doug Boysen, JD, MHA
President/Chief Executive Officer

Helping people, changing lives: The value of volunteerism

Few things make me happier than seeing the return of our hospital volunteers.

These compassionate individuals can typically be seen throughout our facilities — welcoming visitors, providing directions, checking in with families awaiting surgery results, working in the gift shops and visiting with patients. After more than a year’s absence, it is wonderful to begin welcoming them back.

One of the great things about volunteering is that its benefits go both ways — aiding both the volunteer and those being served. We certainly found this to be true in recent months as we worked with hundreds of volunteers in our COVID-19 vaccination clinics throughout the region. We could not have managed this massive effort without volunteers — including a number of our retired employees — and many of them shared how meaningful it was for them to participate in such an important undertaking.

Research consistently shows how volunteering decreases the risk of depression, provides a sense of purpose, teaches valuable skills, helps people stay physically and mentally active, and may reduce stress levels.

In this issue of Heart to Heart, it seems natural to focus on how volunteerism fosters well-being and offers an excellent option for reconnecting with the community after more than a year of physical distancing. I encourage you to read our featured section, where you’ll meet several amazing volunteers who provide help and support for many of our health-related programs.

Then, if you’re interested in learning more about volunteer opportunities, please visit our website, samhealth.org/Volunteer. We welcome you to join us as we work toward “Building Healthier Communities Together.”

Sincerely,

heart to heart

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Letters to the editor

Please send your questions and comments to feedback@samhealth.org or to:

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Recent awards

We are pleased to announce that Heart to Heart magazine recently earned the following awards:

Aster Awards

Bronze, Heart to Heart, Winter/Spring 2020
(magazine category)

Communicator Awards

Distinction, Heart to Heart magazine
(feature article for writing)

Hermes Creative Awards

Gold, Heart to Heart, Spring/Summer 2020
(magazine category)

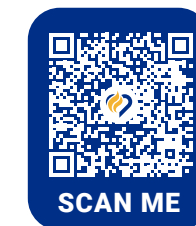
Healthcare AdAwards

Gold, Heart to Heart (new media category)

Hospital Marketing National Ad Awards

Silver, Heart to Heart magazine, Winter/Spring 2020
(print campaign)

Photography note: Several photos in this publication are stock photography and were taken prior to the COVID-19 pandemic. Photos taken by Samaritan were taken using social distancing precautions.



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Samaritan retirees return for vaccination effort

“Relax and think about COVID going away,” said retired Registered Nurse Bill Howden as he prepared to inject coronavirus vaccine into the arm of a slightly nervous young woman.

He’d taken the time to inquire about her experience with her first dose of Pfizer vaccine, asking about any side effects or concerns she might have. He invited her to take a seat, and with care Howden lined the needle up with the woman’s upper arm. When the moment was right, and the woman seemed ready, he completed the injection.

Howden has repeated this ritual thousands of times since last December, when he administered the first coronavirus vaccine dose in this region to an environmental services staff member at Good Samaritan Regional Medical Center. He gave shots to grateful, sometimes nervous, community members at almost every one of the 49 mass vaccination events at Oregon State University’s Reser Stadium from early January through mid-June. He had also given shots at vaccination events in Linn County.

Howden retired from his role as vice president of patient care at Good Sam in 2019 after 15 years of working at the hospital. He was eager to help when COVID-19 vaccines became available.

“I really enjoy interacting with the people getting the vaccines — that human connection, being able to relate to them in this time,” he said. “And this is really doing something worthwhile. We are making a concrete dent in the pandemic.”

“People are so thankful. I’ve had people break down and cry after receiving their second dose.”

Pharmacist Penny Reher also stepped up to help with the vaccination effort, in part because of Howden’s example.

“He’d been volunteering to help at Samaritan’s employee flu vaccination clinics, too,” she said. “It was really Bill’s leading by example that motivated me to come back in this way.”

Reher retired as Samaritan Health Services’ chief pharmacy officer in 2020, after 29 years of working for Samaritan and a total of 40 years as a pharmacist in the Corvallis area. Her reputation for leadership and community service is well earned, with more than eight years and two terms as president on the Oregon Board of Pharmacy and tireless support over the years for Oregon State University’s College of Pharmacy, her alma mater.

When COVID-19 vaccines were approved for emergency use, she completed more than 20 hours of classes to become a certified vaccinator and volunteered at the majority of the events at Reser, giving vaccinations or drawing up vaccine from vials into hypodermic needles.

“I knew vaccination was our best chance to recover from this pandemic. I knew this was a way I could contribute.”

In the early 2000s she was an integral part of a task force that included Samaritan, county public health and other health care providers in Benton, Lincoln and Linn counties, working to get a limited supply of flu vaccines to the most vulnerable community members.

“All these things that were put in place at that point in time have played an important role in how we as a community have responded (to the vaccination effort),” she said.

Reher and Howden said they were very impressed with how the regional mass vaccination events were run.

“It was really remarkable,” Reher said.

Howden agreed.

“I have been very impressed with the coordination between Benton County, OSU and Samaritan,” he said. “I think they have done a remarkable job and you can see it in the vaccination rates.”

Another aspect of the vaccination events both Reher and Howden appreciated was spending time with former colleagues and making new friends.

“I got to see a lot of people I have worked with before, people I have not seen for years,” Howden said.

Reher noted another silver lining.

“In my past role I didn’t get to be around a lot of the pharmacy staff on a day-to-day basis,” she said. “I’ve really enjoyed getting to know all the pharmacy staff and working alongside them as a teammate. I’ve just loved it — so many good people, they have filled me back up. It has just been a joy.”

Above: Penny Reher, PharmD, and Bill Howden, RN, take a break from retirement to administer COVID-19 vaccinations at Reser Stadium.

Community involvement is good for your health

Did you know that participating in a community event like a day of service to clean or improve a park is good for your health? Not only are you getting exercise and fresh air, but community involvement can help protect your health and improve your mental well-being.

Research has shown that social connections — family, friends, neighbors and partners — can have a powerful effect on our health. It turns out that creating a strong sense of belonging and having a support system can keep you well, according to Jaimie Yung, MD, a psychiatrist at Samaritan Mental Health – Corvallis.



Community is one of the eight aspects of wellness that affect the quality of life, in addition to body, mind, environment, spirit, emotions, finances and work. Each aspect of wellness can affect the others. “That’s why we should take time to focus on every aspect of our health,” Dr. Yung said.

There are many ways to get involved:

- Volunteer with an organization you are passionate about, such as a school, hospital or faith community.
- Join a group that reflects a hobby, interest or need, like a book club, community band or support group.
- Take a class to learn something new.

Practicing positive social habits helps to build a strong support system. Dr. Yung suggests starting by connecting with one person each day.

“Call, email, text or visit someone,” Dr. Yung said.

If you need a little help making social connections, a mental health professional can guide you. These skills are valuable as you interact with others, become involved and lead a healthy life.

If you would like to talk to a behavioral health provider about social connections, ask your primary care provider for a referral.

Serve your community: *Be a Samaritan volunteer!*

As you venture back to regular activities after the long pandemic shutdown, perhaps you are inspired to assist with a worthwhile cause or are eager to be more active once again. If so, consider being a volunteer with Samaritan Health Services.

Volunteering at a Samaritan-affiliated hospital or with Samaritan Evergreen Hospice is safe and rewarding, with a wide variety of activities to match your skills. The list of volunteer activities is long – whether you excel at organizing fundraisers, enjoy engaging with patients or prefer to quietly contribute from home by knitting prayer shawls, for example.

Here are a few other ways you could volunteer: assist customers in the gift shop, answer questions at the guest

assistance desk, become trained in the No One Dies Alone program, assist staff in both clinical and non-clinical departments, participate in an approved animal therapy program, help at community events and more. Volunteer activities vary, depending on which hospital volunteer group you choose to join.

The five Samaritan hospitals and Samaritan Evergreen Hospice follow protocols to ensure your protection and safety while volunteering. This includes providing appropriate training before beginning and annual education refreshers thereafter.

For complete information and to apply, go to samhealth.org/Volunteer.

Hospice volunteer feels lucky to serve patients and families

When Kathie Whitmire mentions that she volunteers with Samaritan Evergreen Hospice, people often tell her about their own positive experiences with hospice.

“Hospice has such a good name,” Whitmire said. “I feel lucky to volunteer for Samaritan Evergreen Hospice.”

Whitmire, a retired school librarian from Albany, has been volunteering for the past nine years after a friend suggested she give it a try.

“It’s been a great experience,” she said. “Sometimes you’re dealing with things that are a little tougher.”

But the gratitude of patients and families leaves her feeling fulfilled. Whitmire has been filling in at Samaritan Evergreen Hospice House during the pandemic. Typically, she makes regular visits to patients’ homes, providing companionship and running errands, like shopping for groceries, taking patients to hair appointments and picking up library books.

Some of her relationships are brief. Others last longer than anyone expects. She got to know one of her patients so well that she was invited to speak at the woman’s funeral.

Whitmire relishes her visits and has never missed a volunteer shift.

“I thoroughly enjoy hearing people’s stories and sharing with them,” she said. “I’m a talker. It’s just a good fit.”

Often, Whitmire feels that she’s helping the family as much as the patient.

“Sometimes you just need a break,” she said. “I’m more than happy to do that.”

Because she is willing to travel, volunteering has taken her all over the Willamette Valley. It’s been an adventure for her to explore the small towns.

“I’m so glad I have GPS,” Whitmire said. “I put that address in and go!”

To learn about volunteer opportunities with Samaritan Evergreen Hospice, contact volunteer coordinator Karen McLain, 541-812-4677 or kmclain@samhealth.org. Training is provided to all volunteers.

Left: Kathie Whitmire of Albany has been volunteering with Samaritan Evergreen Hospice for nine years.

Volunteering shaped career of Albany hospitalist

When Maye Mohamed, MD, (pictured at right) started as a hospitalist at Samaritan Albany General Hospital in 2020, she made a call to the Emergency Department at Good Samaritan Regional Medical Center where she volunteered in high school.

“This is Maye Mohamed,” was all she got out before the person on the line interrupted.

“Maye Mohamed who used to volunteer here?” the voice asked.

Moments like this have made working for Samaritan feel like coming home.

That someone would remember her after 20-plus years shows the impression the young volunteer made on the staff. It also illustrates how volunteering can help someone discover a passion or career.

“It was such a positive experience,” Dr. Mohamed said.

“It really pushed me toward knowing that this was what I wanted to do.”

Her desire to take care of people began when she was a child recovering from serious injuries in the intensive care unit of a Chicago hospital.

When she was 7, she was struck by a car while crossing the street.

“I was holding my mom’s hand, and we looked both ways, and she let go,” she recalled. “I was just a few steps ahead of her when the guy ran me over.”

Her father, a physician, rushed her to the hospital. She was flown by helicopter to another hospital for emergency surgery.

One of her nurses made a lasting impression.

“I remember her face and her smile. I remember the warmth that she exuded and how happy she made me feel,” Dr. Mohamed recalled.

She spent several months in the hospital, followed by three years of physical therapy where she learned to walk again.



Later, she learned that on the day she was struck, three other children were hit by cars in the city. Two suffered severe brain injuries and one died.

“I got lucky,” she said.

She had to study hard to catch up from missing school. After high school, she enrolled at Oregon State University. On the first day of college, her chemistry professor wrote something on the board that has stuck with her.

“I quote it to my kids all the time: Perseverance beats genius any day of the week,” she said. “You’ve got to work hard and do your best.”

She applies that ethic to her practice, as well as what she learned as a patient.

“I try to listen and show compassion,” Dr. Mohamed said. “The most important thing we can do is care.”

Wall of Hope honors cancer survivors

To honor cancer survivors, Samaritan’s ArtsCare Program collected photos of cancer survivors to create an art installation called the “Wall of Hope.”

On the Wall of Hope, more than 50 photo submissions from cancer survivors throughout Samaritan’s tri-county service area combine to spell out the word “hope.”

“I hear the word hope often during interactions with cancer survivors. So, I knew it had to be part of this display, and it just naturally fit to have their faces spell out hope, hope for continued survivorship and to those newly diagnosed,” said ArtsCare Program Coordinator Sara Krainik.

As part of this project, cancer survivors also shared words of encouragement.

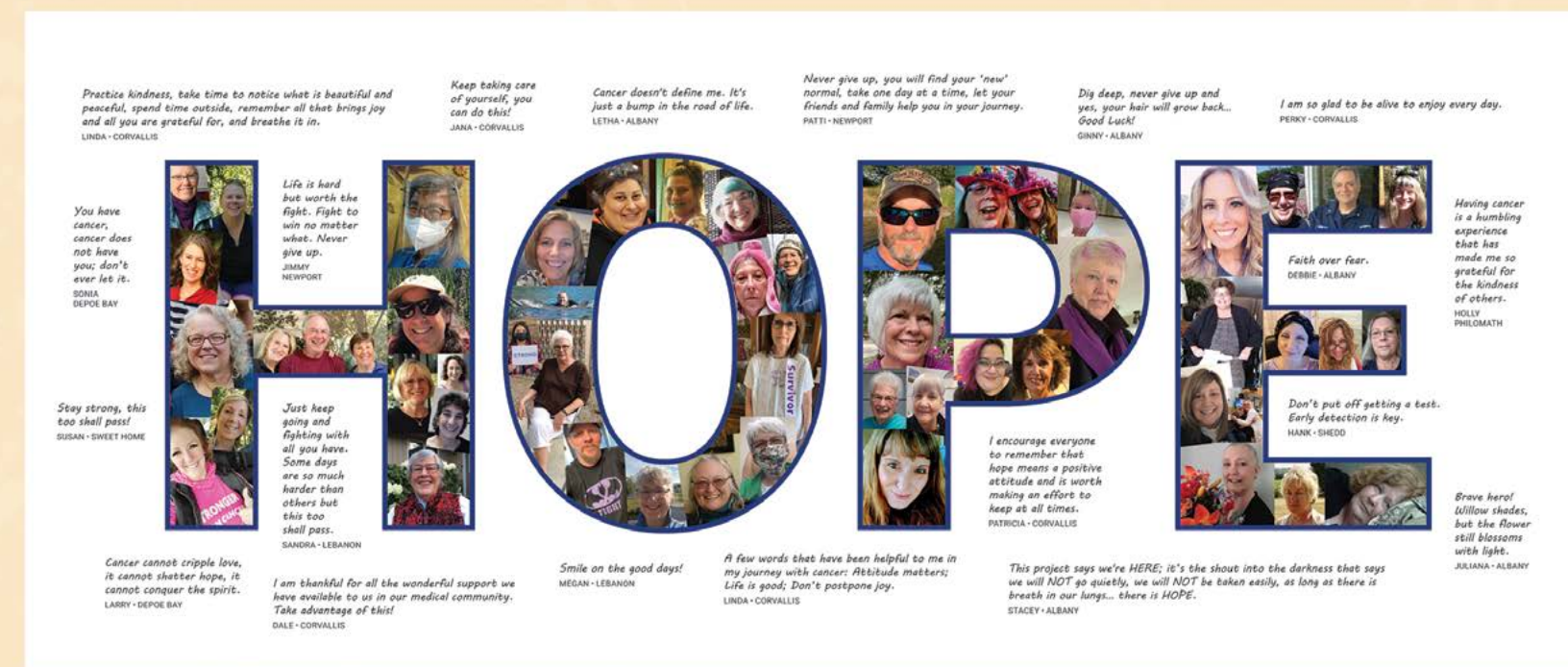
One individual stated, “This project says we’re HERE; it’s the shout into the darkness that says we will NOT go quietly,

we will NOT be taken easily, as long as there is breath in our lungs ... there is HOPE.”

The Wall of Hope replaces the annual Cancer Survivors Day event, typically held in June and postponed again due to the pandemic, and is on display in the Samaritan Radiation Oncology building in Corvallis.

To learn more about ArtsCare’s activities for the cancer community, such as monthly art sessions, harp events and live music in many Samaritan cancer care facilities, contact Sara Krainik at skrainik@samhealth.org or 541-768-6762.

Inset: Cancer survivor Cindy Scott points to her photo on the Wall of Hope.



Corvallis man survives rare form of bone cancer

The growth on the right side of John Mason's back could have been a lot of things.

It could have been a pinched nerve. Or a strained muscle from weightlifting. It could have been an ache brought on by a change in weather or seasonal allergies.

The timing of his latest discomfort coincided with a checkup with his physician.

Mason, 59, of Corvallis, surprised himself by bringing it up.

"I just figured it was one of those things you have that comes and goes away," Mason recalled.

But internal medicine physician Cosimo Storniolo, MD, of Samaritan Medical Clinics – North Albany ordered an X-ray, and the image showed a growth on Mason's rib.

"It seemed to me that this was something that had popped up and gone away before," Mason said.

Since Mason said the bump had been there for years, Dr. Storniolo supposed it could be some type of non-cancerous growth. But he wanted a specialist to take a closer look.

Mason was getting ready for a trip to visit family in Canada.

"Should I stay?" he asked his doctor.

"Go on your vacation," Dr. Storniolo replied.

Dr. Storniolo had to search to find the specialist he was looking for. In his search, he learned that Nicolas Tedesco, MD, one of only five orthopedic oncologists in Oregon, was moving his practice to Samaritan Medical Group Orthopedics – Corvallis.

At an initial consultation with Mason, Dr. Tedesco ordered a CT. He was concerned by a golf-ball size growth on Mason's rib. The tumor had the characteristic imaging of clear-cell chondrosarcoma, an extremely rare form of bone cancer.

"It made me nervous," Dr. Tedesco said.

On the other hand, there are just a handful of cases of clear-cell chondrosarcoma reported each year in the United States. Also, the location of the tumor near the patient's liver made things more complicated. Removing the growth by surgery would be an involved procedure, and he didn't want to put his patient at risk for no reason. Mason was in

good health otherwise. Only a biopsy by a pathologist after surgery could reveal if it was cancer.

Mason, a former deputy district attorney, was also engaged in a risk-reward analysis. His mind calculated the possible outcomes. Because of the rarity of the situation he potentially faced, he favored putting off surgery.

Dr. Tedesco understood Mason's trepidation and suggested that they could monitor the tumor. Mason would have a CT scan every three months to see if it changed, which would be a strong indicator of cancer.

At three months, there was no change. At first, Mason felt relieved. But not long after, he began experiencing more discomfort.

"I could actually see where it was protruding a bit," he said.

In the second scan, the change measured was still within the margin of error. They decided to wait three more months.

That's when everything changed.

In March 2020, the coronavirus pandemic brought a sudden and abrupt halt to nearly every aspect of normal life.

By April, the tumor on Mason's rib had grown.

Fortunately, the surgical team at Good Samaritan Regional Medical Center in Corvallis was ready despite the challenges brought on by the pandemic.

In May, Mason underwent surgery with Dr. Tedesco and general surgeon Toshio Nagamoto, MD, of Samaritan Surgical Specialists. Dr. Nagamoto performed a laparoscopy, using a scope to determine the liver was not involved and pulling the organ away from the tumor. He then removed the pleura, the tissue lining the lung, so Dr. Tedesco could access the rib and remove the tumor. Dr. Nagamoto then repaired the pleura and chest wall.

There were no complications. A biopsy confirmed Dr. Tedesco's hunch that it was clear-cell chondrosarcoma.

Though Mason had one of the rarest forms of cancer, he survived. A year later, he's back to enjoying something else that is rare: a work-life balance that affords him time to spend with his family and his hobbies.



Because the cancer was removed entirely, he didn't need chemotherapy or radiation, and his prognosis is excellent. Mason now works as a delivery driver for Samaritan Medical Supplies, and he's back to weightlifting and gardening with his wife.

In hindsight, Mason is glad that his surgeon didn't rush him.

"Dr. Tedesco was very well-versed in statistics and probability, which was important to me," he said.

He's also glad that he talked to his doctor about the discomfort that had troubled him for years. With many bone and soft tissue cancers, pain can be the first presenting symptom. Having a team of doctors and surgeons who listened was essential to his diagnosis, treatment and full recovery.

Mason knows that nothing in life is certain.

"You always like to have a definitive answer," he said.

But sometimes, balancing what you do know with the things you don't results in a positive outcome.

Above: After a full recovery from surgery in 2020 to remove bone cancer, John Mason is back to the activities he enjoys, like gardening and weightlifting.

What happens when cancer is found after a normal mammogram?

For most women, turning 40 marks the time when an annual mammogram becomes a routine health screening.

Regular screening mammograms have been an incredible tool in the fight against breast cancer. Of women who are diagnosed with breast cancer, an estimated 43% discover their cancer during a screening mammogram. However, sometimes women have a clear mammogram and are diagnosed within a year with a form of breast cancer called interval breast cancer.

"Nationally, we're seeing a trend where women who are diagnosed with cancer within 12 months of having a normal mammogram develop a more aggressive form of cancer and are having worse outcomes even though they are following the recommended guidelines," said Danielle Bertoni, MD, from Samaritan Medical Group Breast Center – Corvallis. "The question is, how can we serve these women better?"

Veronica Irvin, PhD, MPH, from Oregon State University, is leading research in partnership with the Samaritan Cancer Program to find out. Women who meet the criteria are helping to identify processes that can improve their access to care for a quick follow-up and treatment. Dr. Irvin is also working with primary care providers to learn how to improve the diagnostic and referral pathways.

"I want to learn from women with interval breast cancer the symptoms they experienced and any barriers to seeing a doctor or getting appropriate care," said Dr. Irvin. "Our goal with the information we gather is to inform women and health care providers about this risk so that women have better and timely access to care if there is something suspicious. We don't want women to delay care because they just had a normal mammogram and do not feel at risk. Ultimately we hope to detect cancer at an earlier stage and improve her quality of life or extend her length of life."

Learn more about the latest in mammography services and breast care at Samaritan, visit samhealth.org/Mammogram.



Patient and family advisory council established for cancer care

Enhancing the quality and success of patient care is the foundation upon which Samaritan's Patient and Family Advisory Council is built. Fostering those ideals, a new group focused solely on cancer care was formed earlier this year.

"Cancer care is always evolving, as are the unique needs of patients on their journey with cancer," said Manager of Radiation Oncology Services Brad Betz with Samaritan Cancer Program. "It's for these reasons this group focused solely on cancer care and the patient experience was created."

Comprising of cancer survivors and caregivers, the cancer program's advisory council, alongside staff from the Samaritan Cancer Program, discuss opportunities to improve the patient experience, and ways to consistently

achieve compassionate, patient-centered cancer care and improved outcomes.

"The group has already met several times and the conversations are rewarding," said Patient Engagement Coordinator Thomas Herrera. "They've already proven to be a great sounding board for the Samaritan Cancer Program, providing an honest perspective about current programs or initiatives that are underway."

Samaritan Health Services also offers advisory councils for LGBTQIA2S+, as well as a patient and family advisory council that is more general and not specific to a specialty or population. For questions about patient advisor positions, contact the Service Excellence Team at SHSServiceExcellence@samhealth.org.

Don't fight cancer alone

Of all the journeys in life, cancer shouldn't be one you attempt on your own.

Support groups can help you cope with the emotional aspect of cancer. Whether you're a cancer survivor, loved one or caretaker, support groups offer a safe place to share your feelings and challenges. They foster a sense of community for those living with a cancer diagnosis and offer opportunities to learn from others.

When the COVID-19 pandemic altered the Samaritan Cancer Resource Center's ability to offer in person support groups, it was important the team find a safe solution to maintain a community for individuals on their journey with cancer. Migrating support groups to a virtual format made the most sense.

Several support groups are offered, which address different types of cancer, including breast, ovarian and other gynecological, plus men's cancers. Groups for young adults or for individuals living with cancer are also available.

Now with virtual offerings, the Samaritan Cancer Resource Center can reach a greater portion of their patient population – giving them access to these valuable resources – regardless of where they are.



For details on support groups and status of any in-person offerings, visit samhealth.org/Classes or call the Samaritan Cancer Resource Center at 541-768-2171 (Corvallis) or 541-812-5888 (Albany).

A welcome expansion: Pastega House to double its capacity

Expansion of the Mario Pastega House is taking shape on the Good Samaritan Regional Medical Center campus. This unique home away from home serves a growing number of patients, and their families, traveling to Corvallis for care.

Once completed in early 2022, the house will feature 24 guest rooms – double the current size. Many of the new rooms will have two queen beds, which will accommodate larger families. The project also includes updates to the existing rooms and laundry facilities.

The house serves patients and families who travel to Good Sam for specialty medical care, ranging from surgeries to cancer treatments. About a third of the house's guests come to Corvallis for cancer treatments at the Samaritan Pastega Regional Cancer Center. Other patients visit the hospital for heart surgeries or other specialty procedures. The Mario Pastega House also provides accommodations to those travelling with persons admitted to Good Sam.

The late Mario Pastega served as the chief benefactor and led the fundraising effort to construct the hospitality house in 2004. Pastega had the vision for the house after staying in a similar facility in California while his sister underwent surgery.

“We are excited and grateful for the addition of 12 guest rooms – this will allow us to double the number of patients and families that we serve as well as provide additional rooms for families during times of need or hardship,” said Pastega House Supervisor Leslie Armstrong. “We have worked hard over the last year to provide some exciting upgrades to the existing house, including all new kitchen appliances and countertops, new beds and mattresses, recliners and fresh paint throughout the entire house. We are fortunate for the Pastega family and many donors who are bringing this dream to life!”

Along with the Pastega family, project partners include GBC Construction and Devco Engineering. Thompson Timber Company donated the needed plywood for the expansion. The Corvallis High School Mr. and Ms. Spartan events continue to raise support for the house, and the Confederated Tribes of the Siletz regularly awards grants to support the facility.

Projected cost for the expansion is \$2.8 million. The Good Samaritan Hospital Foundation has raised \$2 million of that total and continues to invite gifts toward this effort.

For more information, or to contribute, call the Samaritan Foundations at 844-768-4256.



Education provides guidance for chemotherapy patients

Sharyn Shepherd, a family nurse practitioner with Samaritan Cancer Program, wants you to know that your mental picture of a chemo patient is probably wrong.

“They aren’t poor emaciated souls who are vomiting and miserable. We’ve made a tremendous amount of progress in cancer care, not only in how we dose chemotherapy but in how we work to mitigate potential side effects,” said Shepherd. “We do that with medication, but we also make sure patients have an arsenal of tools at home to use during their treatment.”

That arsenal starts with a chemotherapy education session for every patient who is starting a new treatment regimen, either given by Shepherd or one of her colleagues. During the appointment, Shepherd discusses what to expect during treatment including physical changes, financial demands, the potential for depression or anxiety, and the effect cancer can have on the entire family.

“Cancer is an encompassing disease and it touches every part of our patients’ lives,” said Shepherd. “I want patients to know that physically, emotionally and spiritually, we are here to help them, day or night, every day of the year.”

Samaritan Cancer Program is committed to surrounding people on their journey through treatment with a community of support. Patients have access to the best care available, but the personal connection is often the most appreciated.

“My diagnosis coincided with a new baby, which was overwhelming,” said Mida Lorenz from Corvallis, who started chemotherapy three months after giving birth to her son. “I had done a lot of my own research before the session, but some of that information you need to hear several times before it sinks in. What I really appreciated was that Sharyn was always available to me at any time for advice about how to manage symptoms or reactions to the chemotherapy.”

Through a collaboration with Oregon Oncology Specialists and Samaritan Cancer Program, Sharyn Shepherd, FNP, sees patients with all types of cancer.

Above: Sharyn Shepard, FNP, talks with patient, Mida Lorenz, about chemotherapy and how to live life to the fullest, even during cancer treatment.

Learn more about personalized care at samhealth.org/Cancer.



How to navigate to a new normal during a shifting pandemic

By Helen Beaman, LCSW, Samaritan Depoe Bay Clinic

Increased feelings of anxiety and a spike in agoraphobia have been observed during the COVID-19 pandemic. The part of our brain that detects and responds to threats may now believe that leaving the house, being in public and touching things are potential risks to survival.

Other side effects include depression, social isolation and loneliness, increases in domestic violence, child abuse and divorce rates. For those who have lost loved ones, whether from COVID or not, grief has sometimes been complicated by being unable to be with loved ones during illness and death.

It's important for healthy grieving to have our grief rituals and receive support from others. The pandemic has prevented many from having their grief witnessed through funerals or other rituals. In addition, group activities that enrich our lives, keep us physically active and socially engaged have been greatly reduced.

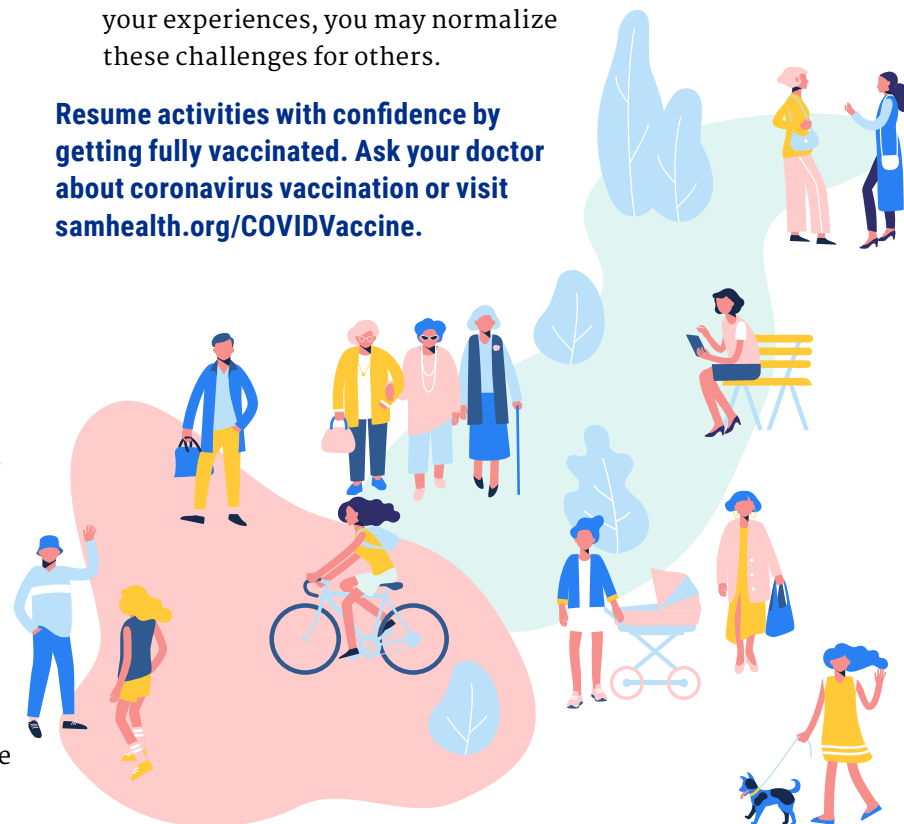
As we emerge from this pandemic, it's important to remember:

- **Practice self-compassion.** It's healthy to notice that your mind is anxious about leaving the house and getting back to regular activities. Know that this adjustment will take time. It's okay to feel what you're feeling.
- **Journey back into activities in short intervals.** This is essentially what behavioral health specialists call exposure therapy, an effective tool for treating anxiety. Try a short trip to the store with a prepared list of only a few items to buy. Or set up a coffee date with a good friend — pick a place where you can sit outside, if you're anxious about being indoors without a mask, or travel separately to a park to catch up. The idea is that we retrain the anxious brain by exposing it to brief, controlled experiences that cause it a tolerable amount of distress, so we make sure that the experience is positive and does not cause harm. After repeated

exposures, the brain learns that what it believed was harmful or scary, is actually safe.

- **Learn breathing skills or sensory grounding skills to calm your mind and body when feeling anxious.** The skills are easy to learn. Practice them when not feeling anxious to build muscle memory so it will be easier to call upon the skill when struggling.
- **Get vaccinated against COVID-19.** The vaccines available have been shown to be safe and effective at preventing serious illness with COVID-19. They may also provide peace of mind.
- **Know that we're all adjusting together.** Do what feels right to you at a pace that feels comfortable. And don't be afraid to let others know if you're struggling. Many people believe that they are not coping as well as everyone else, but that often isn't the case. By sharing your experiences, you may normalize these challenges for others.

Resume activities with confidence by getting fully vaccinated. Ask your doctor about coronavirus vaccination or visit samhealth.org/COVIDVaccine.



Samaritan, public health agencies team up to bring vaccines to local communities

Since early spring, Samaritan staff and volunteers, alongside teams from county health departments, have taken COVID-19 vaccines to people where they live or work. The efforts to make the vaccine easier to access in convenient locations have helped to steadily increase the number of fully vaccinated people throughout Benton, Lincoln and Linn counties.

“As mass vaccination events became less-attended, we needed to find more creative ways to reach people within their local communities,” said Tana DeAdder, director of Primary Care Practices for Samaritan. “Partnering with county health departments and going where the need is greatest has helped us reach some of our more hard-to-reach populations in locations such as workplaces, rural community centers and schools.”

A centerpiece of this outreach has included SamCare Mobile Medicine, Samaritan's 40-foot medical clinic on wheels.

“The mobile clinic quite literally takes vaccines directly to people where they are located,” DeAdder said. “People sign up for an appointment time, and in most cases, get their vaccine and are back on their way within 20 minutes. It's an

easy way to get vaccinated without traveling too far or giving up too much of your day.”

Partnering with county health teams has made an impact on how effective these smaller clinics can be.

“Public health staff have the data and the on-the-ground knowledge of individuals or groups who weren't being reached by mass vaccination events or who typically won't go to a local doctor's office for care,” explained DeAdder. “Their knowledge — coupled with Samaritan's clinical expertise and the mobile clinic — have made a strong partnership to benefit our local residents.”

These smaller vaccination events serve groups ranging in size from 20 to 100 people throughout the tri-county area.

To find out if SamCare Mobile Medicine can come to your location with COVID-19 vaccines, contact your county health department directly or visit samhealth.org/MobileMed and complete the online request form.

Above: Clinics in partnership with Lincoln County Department of Health held in Yachats in May and June served 130 people with vaccines. Photo courtesy of the Newport News-Times.

Kick up your meal plan with kale

Kale is a good source of minerals such as calcium and potassium. One cup has more than 100% of the daily value of vitamins A, C and K. Kale can be planted in your garden and grows in a variety of colors such as green, blue-green, white or purple.

The taste of kale varies. Smooth leaves and baby kale have a milder taste; curly leaves have a stronger flavor.

Serve it your way! Options include being sautéed, stir-fried, steamed and chopped and added to soups, salads or pasta. Kale can also serve as a substitute for spinach or collard greens in recipes.

Follow these tips for selection, storage and preparation of kale:

- **Selection:** Choose dark-colored leaves; avoid brown or yellow leaves. Frozen kale is a good option as well.
- **Storage:** Freeze or store in a plastic bag in the coldest part of your refrigerator for three to five days.
- **Preparation:** Remove the inner core of the leaf, which can be tough. Wash thoroughly.

Explore new fruits and vegetables with the Pick of the Month

Each month Samaritan Health Services dietitians pick a fruit or vegetable to highlight and encourage people to try by explaining nutritional benefits and providing a healthy recipe that uses six or less ingredients.

Visit samhealth.org/RecipeMinute to see past and future Pick of the Month highlights and other great recipes.

Ready to add kale to your diet? Try this kale dip recipe from FoodHero.org.

Recipe: Kale dip

Prep time: 10 minutes | Cook time: 5 minutes | Servings: 12

This recipe is suitable for the following diets: diabetic, gluten free, low calorie, low salt, vegetarian and Hindu. Additionally, it is appropriate for the halal diet if the cottage cheese is cut in half. It's also appropriate for the kosher diet if it's not consumed with meat products in the same meal.

Ingredients

- 1 1/2 teaspoons oil
- 1 clove garlic, minced, or 1/4 teaspoon garlic powder
- 3 cups kale, thinly sliced
- 1/8 teaspoon salt
- 1 cup low-fat cottage cheese
- 1/2 teaspoon red pepper flakes or 1/4 teaspoon cayenne pepper
- 1 tablespoon lemon juice

Directions

1. Heat oil in a pan over medium heat. Add garlic, kale and salt. Cook uncovered, stirring occasionally until tender, about 3 minutes. Let cool.
2. Transfer kale to a blender. Add cottage cheese and puree until smooth. Season with red pepper flakes and lemon juice.
3. Chill before serving. Serve with vegetables.

Nutrition information (per 2 tablespoon serving): calories 30; total fat 1 g; cholesterol 0 mg; sodium 105 mg; carbohydrates 2 g; fiber 0 g; sugars 1 g; protein 3 g.

Your autumn health care checklist

Autumn is a busy time for most families. Many resume school schedules and sports activities and start thinking about the holidays.

It is also a great time to focus on maintaining good health. Some fall activities require physicals or proof of vaccinations, and many health insurance terms start again in January, when deductibles apply.

Whatever your life brings this fall, this health care check list can help you make sure you are at the top of your game.

□ Annual exams/physicals

From well-child exams to sports physicals to adult annual exams, a thorough exam or physical about once a year when you are well gives you and your doctor a wealth of information you can both use to help you meet your health goals.

If you are on Medicare, don't forget your free Annual Wellness Visit – which is an opportunity for you and your doctor to create and update a personalized health care plan for the coming year.

□ Vaccinations

These scientific marvels help each person and the whole population enjoy a quality of life that would be impossible without immunization – lives largely free of many debilitating or deadly diseases. In addition to the usual childhood vaccines such as those for polio, measles and whooping cough, there

are a variety of vaccines for adults to keep in mind like a tetanus shot every 10 years or the shingles vaccine which is covered by most insurance plans after age 50.

This past year brought us coronavirus vaccines in response to the global pandemic, and a majority of people stepping up to get vaccinated has gone a long way toward getting things "back to normal." And don't forget the trusty flu vaccine. Some clinicians have speculated that this year's flu season could be worse than usual since flu did not circulate in a typical fashion last winter.

□ Screenings

Have you had your mammogram yet this year? Are you due for a colonoscopy? Has the dermatologist had a chance to look you over? Schedule these appointments soon for your peace of mind and, if you are on a private insurance plan, to get them done before the new year when your deductible will again apply.

Whether you need to be seen for a routine screening or have a more pressing health care concern, Samaritan Health Services offers a full spectrum of care options to fit your needs.

Call your primary care provider for an in-person or telehealth appointment, or if you need care right away visit samhealth.org/WhereToGo for more information about our urgent care, express care and online care options.

Five ways to stop the spread of germs

We all know that germs can last on surfaces for days. To avoid getting sick, take these steps to clean frequently touched surfaces where germs lurk:

1. What we touch can end up on our cellphones, laptop, mouse and keyboards. Disinfect non-porous plastic and steel frequently. They can retain infectious particles. Check with your device's manufacturer for what type of wipes are safe to use.
2. Use your sleeve, coat or paper towel to open doors to public areas: bathrooms, stores and even your car door.



3. Change the hand towels in your home daily. Bathroom and kitchen towels can pick up germs from frequent use.
4. Anything worn on your hands or wrists, like rings, bracelets or a watch, is a breeding ground for microorganisms. Remember to clean your jewelry.
5. When COVID-19 restrictions ease and we return to our favorite activities, remember that handwashing is an important way to avoid getting sick. Wash your hands, especially under your fingernails!

Young racer uses determination, charm to get back on the track

It didn't take long for Curtis and Lauren Norton to recognize a competitive streak in their son.

"Brody turns everything into a race," said Curtis. "It doesn't matter if it's getting dressed or whatever. He'll turn it into a competition."

When he was 2 years old, Brody's grandfather put him on a lawn tractor and turned him loose. It was then and there the family knew he was going to be a wheel man.

At the age of 4 his parents gave him his first go-kart, and at age 5 he started racing. The young man from Albany has been racing year-round ever since — at outdoor tracks during the summer and indoor tracks during the winter. His exploits have taken him to races in Oregon, California and Idaho, winning three championships at three different tracks.

However, his fledgling career was nearly red flagged by injuries suffered off the track — not once, but twice — and that's how the Norton family met Erin Campaigniac, MD, at Samaritan Medical Group Hand to Shoulder Orthopedics — Corvallis.

Dr. Campaigniac first saw Brody when he was 7 years old, after he took a spill and broke his thumb while learning how to ride a bicycle. He told her about his racing and he learned that she had also raced as a young girl, participating in "meatball derbies" in a downhill race car built by her grandfather.

Brody asked Dr. Campaigniac if he could still race with his broken thumb. After discussing various equipment and safety considerations with the family, she made a special adjustment to his cast so he could hold the steering wheel comfortably and continue racing without missing a lap.

"She's really nice and she listened to me," said Brody. "That was the best part."

One year later, Brody and some friends were playing on a hammock. Brody was pushed out of the hammock and broke his left ring finger. After being seen at Samaritan Urgent Care Walk-In Clinic — North Albany, Brody was once again referred to Dr. Campaigniac.

"She recognized him right away," Curtis recalled. "She said, 'Hey, you're that kid that races!'"

Dr. Campaigniac reviewed Brody's X-rays with the family and determined that a cast would be the best option to allow Brody's hand to heal without affecting its growth as he got older. Racing season was to begin in just a few weeks and Brody wasn't shy about speaking up.

"You let me race last time, so I'm racing," he insisted.

Knowing his determination, Dr. Campaigniac once again customized a treatment plan for her young patient. She put his hand in a cast for two weeks, then replaced it with a removable splint that Brody could take off only while racing.

The following weekend Brody was back on the track and won every one of his races.

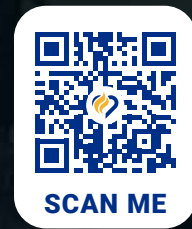
At a follow-up appointment a few weeks later, Brody and his parents were happy to learn his hand was as good as new. To show his appreciation, Brody gave Dr. Campaigniac a signed hero card and an autographed photo from his big weekend.

"With injuries, there are always going to be limitations in work, play and sports," explained Dr. Campaigniac.

"Brody's sport is unique and it involves the whole family. We all wanted what was best for Brody, but we also had a keen eye on his timeline for competition. It was great to have everyone engaged in his treatment."

Brody's parents say that his experience has taught him that in order to cherish the good times you must also embrace the bad.

"Racing is a lot like life," said his father, Curtis. "You will have setbacks, but as long as you keep working and keep moving forward, the sky's the limit."



SCAN ME

Learn more about Brody Norton and watch a video about his journey back to the track at samhealth.org/BrodyN.

Building *champions* together

Stay mentally sharp as you age

By Robert Fallows, PsyD

One principle to use when thinking about healthy aging is: “What is good for the heart is good for the brain.” After all, the brain weighs just three pounds but uses about 25% of your body’s blood and oxygen! Therefore, much of our good health comes down to not only medical care, but also our behaviors. Specifically:

Eat a heart-healthy diet. Cook at home using fresh, colorful vegetables, lean meat or seafood (chicken breasts, salmon), heart-healthy fats (like olive oil) and limit your sugar intake (including sweetened drinks). Foods high in antioxidants hold promise and are worth discussing with your primary care provider.

Stay physically active. Research shows even 15 minutes of walking per day is beneficial. Do what you enjoy – walk, bike, hike – but cardio exercise is best to stimulate your brain.

Remain socially and cognitively engaged in your day. Reduce sedentary activities such as sitting at a computer, playing video games or watching television. Replace these activities with adult education courses, hobbies or social activities with friends and family who are positive and supportive. Ask your primary care provider, behavioral health consultant or a registered dietitian about the diet and exercise routine that’s best for you.

Robert Fallows, PsyD, is the medical director for Samaritan Behavioral Health & Neuropsychology. He practices at Samaritan Neuropsychology – Albany and can be reached at 541-812-5760.

Reduce your stress with a mind-body approach

Stress affects everyone and can take a physical and mental toll. Whether it’s pressure from work, an ill family member, the global pandemic or something else, stress can make you vulnerable to health problems and decrease your overall quality of life. Removing all of life’s stress is not realistic, but there are ways to manage your stress that can improve your overall health.

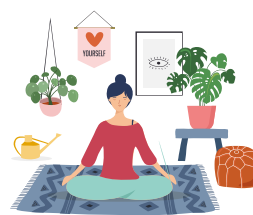
Be active – Physical activity releases chemicals in your body known as endorphins. This helps elevate your mood and is a great way to channel stress. Go on a neighborhood walk or do 10 minutes of stretching.

Stay connected – Reach out to a family member, friend or neighbor to connect virtually or in person. Healthy relationships promote resiliency to stress.

Practice mindfulness – Take time to slow down and clear your thoughts. Practice deep breathing and focus on the present. This helps to ease tension and release stress.

Get plenty of sleep – Getting enough sleep restores the body and helps regulate your mood. Create a regular bedtime routine and follow it consistently.

Take time for yourself – Life can be hectic. Make yourself a priority. This means knowing when you’re too busy and saying “no” to family and friends when you need time to relax and recharge.



Starting a family? Lean on community support

Starting a family can be an exciting and overwhelming time for new parents. There is so much to learn, countless items to purchase and a seemingly endless to-do list before and even after baby arrives. Samaritan Health Services has maternity coordinators in each community who can provide the help you may need.

A maternity coordinator will help you design a birth plan, inform you about hospital procedures, offer a tour of the birth center, assist with finding a pediatrician and connect you with local classes and resources.

Maternity coordinators can also connect you to **Pollywog**, a free service that offers an abundance of resources for mental health, nutrition, dental care, early childhood development and parenting networks. They also offer courses related to pregnancy, childbirth and early childhood. Some of these classes include:

- Labor Pain Relief Options.
- Breastfeeding Basics.
- Childbirth Preparation.
- Nurturing Attitudes.
- Make Parenting a Pleasure.
- Live and Learn with Your Wobbler.
- Parent Coaching.
- Creative Development.
- Early Literacy Class.

Family Connects Oregon is another valuable resource for growing families. Family Connects Oregon offers a free, in-home visit by a registered nurse three weeks after delivery. During the home visit, a nurse checks the weight and health of baby, provides tips on feeding and soothing your infant, and helps manage anxiety and postpartum depression. This service gives babies the best possible start in life and is available to all families regardless of income or background.

To learn more about all of these resources, visit samhealth.org/Baby, pollywogfamily.org and familyconnectsoregon.org.

Albany man beats COVID-19 thanks to promising treatment

In spring 2021, 54-year-old Shannon Devaney of Albany (pictured at right), had a severe bout of COVID-19 resulting in a five-week hospital stay. Because of a promising new treatment used in his care, he will have the opportunity to meet his first grandchild who is due in early 2022.

“When I woke up in the Corvallis hospital, I was intubated and my hands were restricted,” Devaney remembered. “They told me I couldn’t move because I had tubes in my neck.”

The tubes were circulating Devaney’s blood through a Seraph 100 filter, designed to remove foreign bodies like viruses and bacteria from the patient’s bloodstream.

ExThera Medical, the manufacturer of the Seraph 100 Microbind Affinity Blood Filter, received emergency use authorization from the U.S. Food and Drug Administration in 2020 to use the filter to treat hospital patients with COVID-19. ExThera Medical partnered with Good Samaritan Regional Medical Center and other hospitals around the nation to



use it for treatment of critically ill patients, with a reported 73% survival rate nationwide among patients whose blood was filtered through the device.

“Our nephrology leadership brought this device to my attention, and together we connected with ExThera to deploy the filter at GSRMC,” said Brian Delmonaco, MD, medical director for critical care services at the hospital. “We are enthusiastic about using this filter in addition to approved therapies, and it’s wonderful that we were able to send Mr. Devaney home to be a grandpa.”

He credits his faith and the promising filter treatment with saving his life. While he is still recovering from COVID-19, he says he feels a little stronger every day.

“They told me it was a last-ditch effort,” he said. “God and this filter saved my life, and they’ve given me a second chance.”

Faith community nursing invites professionals to join the ministry

Classes will be offered this fall for nursing professionals who are interested in learning about faith community nursing.

Faith community nursing is a recognized nursing specialty. Current and retired nurses are trained to minister to people at their places of worship. They serve their congregations and community by improving health literacy and advocating for health care equity while promoting spiritual, emotional and physical well-being.

Those wanting to become part of the ministry must complete the Foundations of Faith Community Nursing course. The class prepares nurses to provide a bridge between the health care system and faith community.

“Faith community nurses work to open important conversations about health and wellness of the mind, body and spirit,” said Deb Fell-Carlson, RN, who coordinates the Mid-Willamette Valley Faith Community Nurses and Health Ministers Network under the Live Longer Lebanon initiative.

“They provide caring connections and support for faith community members and leaders facing the many challenges of today.”

Linn-Benton Extended Learning and the Faith Community Health Network will offer the Foundations of Faith Community Nursing course for nurses and a concurrent Foundations for Health Ministry course for lay members of faith communities. The six-day class will be held virtually on Oct. 18 and 19, Nov. 1, 2 and 11 from 8 a.m. to 5 p.m. and Nov. 16 from 8 a.m. to 2 p.m. The course welcomes all faiths.

Visit samhealth.org/FaithCommunityNursing or contact Deb Carlson at 541-248-0595 or faithcommunityhealthnetwork@gmail.com for more information.

The Foundations of Faith Community Nursing course is based on the curriculum developed through the Westberg Institute for Faith Community Nursing, and owned by the Spiritual Care Association of New York, NY, 505 8th Ave, Suite 900, New York, NY 10018.



Sisters receive tender care AT EVERGREEN HOSPICE HOUSE

Realizing a dream, sisters Kathy and LuAnne Farnsworth moved to Newport to live as close as possible to the wild and beautiful Pacific Ocean. Unfortunately, LuAnne soon found herself fighting cancer.

When it came time to find hospice care for her sister during the final weeks, Kathy already knew where she wanted to turn: Samaritan Evergreen Hospice.

From the very first moments inside the Samaritan Evergreen Hospice House in Albany, Kathy and her sister were never disappointed by the compassionate and professional care that was provided and the fresh, homelike surroundings. LuAnne experienced tender care and was kept comfortable until her passing at the age of 61 and, as Kathy recalled, this same compassion was extended to herself and other family members.

“I was so impressed. This was the nicest place LuAnne had been in more than three years of her illness,” Kathy said. “From the social worker, to the nurses, to the chaplain — everyone was so kind and helpful.”

After LuAnne passed, Kathy and her brother took their sister on “one last road trip,” driving her casket back to Utah for burial in the family cemetery. When Kathy returned to Newport, she found that the staff’s compassion and thoughts were still very present, with much appreciated follow-up calls and a signed sympathy card arriving a few weeks after LuAnne’s death.

“Evergreen Hospice reflects well on the Samaritan name,” she said.

Samaritan Evergreen Hospice is recognized for its exceptional care, including to military veterans who are nearing the end of life. The hospice team serving the inland counties have been recognized as a four-star partner in the We Honor Veterans program while the hospice team serving the coastal counties recently attained three-star status.

For more information about hospice services, the Hospice House and palliative care, visit samhealth.org/Hospice.

Pictured from left: Sisters LuAnne and Kathy Farnsworth on a road trip.

Medicare “shopping season” is right around the corner

Oct. 15 marks the beginning of open enrollment for Medicare recipients.

Whether enrolled in Original Medicare only or already enrolled in a Medicare Advantage or Medicare Supplement plan, Medicare recipients can take advantage of this period each year to switch to a new health plan or add to their Medicare insurance coverage for the following year.

If you’ve been thinking about making changes to your coverage for next year, here are some things you may want to consider:

Review your total annual out-of-pocket costs

Consider not only monthly premiums but other costs such as copays, coinsurance, deductibles and annual limits on your total out-of-pocket spending.

Think about coverage beyond Original Medicare

Medicare Advantage and Medicare Supplement plans often include extra coverage and benefits for hearing, vision, chiropractic, fitness memberships and more.

Check the provider network

Make sure your favorite doctors, hospitals and other important providers are included in the plan’s network.

Don’t forget about prescription drug coverage

Original Medicare and Medicare Supplement plans do not include coverage for prescription drugs, so you may need to purchase a separate Part D prescription drug plan. Medicare Advantage plans, however, often include prescription drug coverage without a separate premium.

Applications for 2022 must be received by your health plan of choice by Dec. 7, 2021.

Samaritan Health Plans offers Medicare Advantage plans to residents of Benton, Lincoln and Linn counties. Local Medicare experts are available to answer your questions. Call 800-832-4580 or visit [medicare.samhealthplans.org](https://www.medicare.samhealthplans.org).

Disability Equity Center empowers, informs, unites

When the COVID-19 vaccine first became available, Laura Estreich (pictured at right), a young woman from Corvallis with Down syndrome, relied on an expert source for health information.

Her mom is a pharmacy professional. But lots of people she knows had questions and there were also rumors and myths.

Estreich is a student in the Wings Transition Program in the Corvallis School District and is also an intern with the Disability Equity Center, a grassroots disability justice organization providing inclusive and cultural resources to meet the diverse needs of people with disabilities.

Disability Equity Center is addressing gaps in health care delivery, educating health care providers and improving partnerships within disability support services through a 2021 Delivery System Transformation pilot project with Intercommunity Health Network Coordinated Care Organization serving Benton, Lincoln and Linn counties. One of the health outcomes the pilot targets is to ensure that people with disabilities are actively engaged in their health care.

In February, leveraging Estreich’s family connection and Disability Equity Center’s community partnership with Cornerstone Associates, an organization serving adults with intellectual and developmental disabilities, an online presentation was planned for people to learn more about the COVID-19 vaccine.

Cornerstone’s community health nurse worked with Estreich to plan the meeting. People with disabilities were invited to ask questions.

“And to know your rights,” Estreich emphasized.



Misha Marie is community engagement manager with Cornerstone, and is also involved with Disability Equity Center. She called the vaccine presentation a “lightbulb moment.”

“Partnering with them to create that and share it back in the community was just a really lovely collaboration,” Marie said.

The pilot project is finding new ways for people with disabilities to understand the care they receive.

Another aspect is educating health care providers about how to improve communication for people with disabilities.

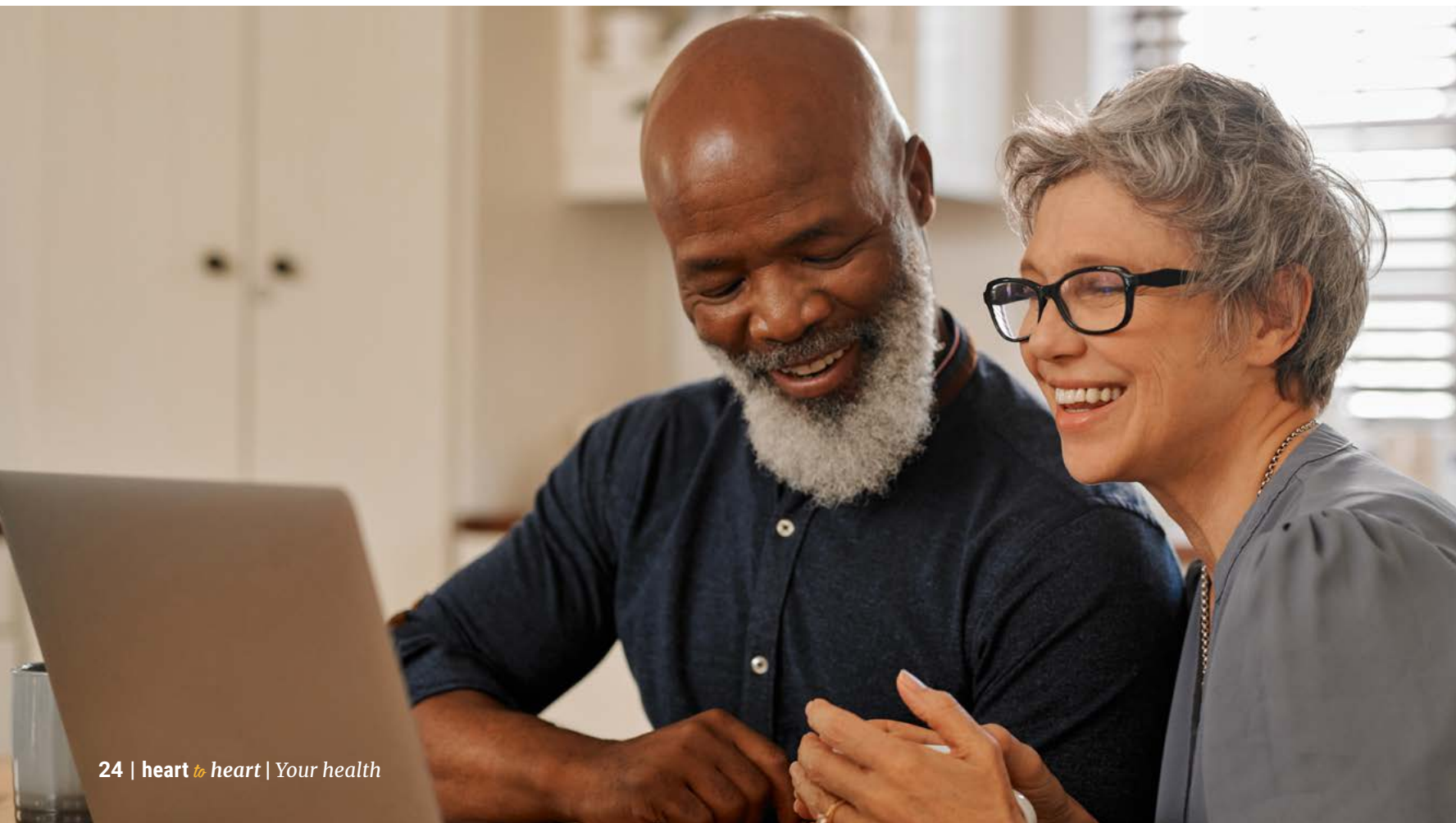
Marie recalled a Disability Equity Center meeting where people with disabilities, family members, allies and health providers discussed how a very small number of people with disabilities are eligible for formal services.

“It shifted my whole view. Absolutely, we need to find a way to support our whole community.”

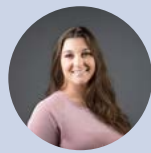
Disability Equity Center organizers want to break down silos, bridge gaps and unite people, groups and organizations in new ways.

“Through the Disability Equity Center, we are reducing stigma, raising awareness and increasing opportunities for people with disabilities to be as healthy as possible,” said Disability Equity Center co-founder Allison Hobgood.

To learn more, visit DisabilityEquityCenter.org.



Samaritan welcomes new health care providers



Michaela Best, FNP, has joined Samaritan Occupational Medicine – Newport. She earned a bachelor’s degree in nursing at Western Governors University and a master’s degree in nursing from Simmons University. She can be reached at **541-574-4675**.



Alexander Bagley, MD, PhD, has joined Samaritan Pastega Regional Cancer Center. He earned a bachelor’s degree from MIT, a doctoral degree from Harvard University and a medical degree from Harvard Medical School. He completed an internship and residency training at University of Texas MD Anderson Cancer Center. He can be reached at **541-768-7722**.



Patricia Centron Vinales, MD, has joined Samaritan Kidney Specialists – Corvallis. She earned a medical degree from Universidad Tecnológica de Santiago. She completed residency training at New York Downtown Hospital, a fellowship at University of Pittsburgh Medical Center and a fellowship in renal sonography at Emory University School of Medicine. She can be reached at **541-768-6930**.



Ashwat Dhillon, MD, has joined the Cardiology Department at Samaritan Heart Center. He earned a medical degree at Bharati Vidyapeeth University Medical College. He completed a research fellowship at Cleveland Clinic, residency training at Cleveland Clinic’s Fairview Hospital, and further fellowships at Keck School of Medicine of USC, as well as Providence St. Vincent Medical Center. He can be reached at **541-768-5205**.



Maggie Hudson, CNM, has joined Samaritan Obstetrics & Gynecology – Corvallis. She earned a bachelor’s degree in anthropology from University of Michigan and a master’s in teaching from Pace University. She earned a bachelor’s degree in nursing and a master’s degree in nurse midwifery from Columbia University School of Nursing. She can be reached at **541-768-5300**.



Eiko Klimant, MD, FACP, has joined Samaritan Hematology & Oncology Consultants. Dr. Klimant earned a medical degree from Heinrich-Heine University Düsseldorf. He completed residency training at Norwalk Hospital/Yale University Program and a fellowship at Yale New Haven Hospital – Dept. of GME. He can be reached at **541-768-4950**.



Vanessa Mizak, FNP, has joined Samaritan Medical Group Pulmonology – Corvallis. She earned a bachelor’s degree from University of Colorado Health Sciences Center, a master’s degree from the University of Colorado College of Nursing and a family nurse practitioner certificate from University of Colorado Beth-El College of Nursing. She can be reached at **541-768-1261**.



Tomer Pelleg, DO, has joined Samaritan Medical Group Pulmonology – Corvallis. He earned a medical degree at Philadelphia College of Osteopathic Medicine. He completed residency training and a fellowship at Carilion Clinic – Virginia Tech Carilion School of Medicine. He can be reached at **541-768-1261**.

Need help finding a health care provider?

Visit samhealth.org/FindADoc or call 800-863-5241.



Samaritan expands oral health program into Lincoln County

Anyone who has ever suffered from a throbbing toothache knows: Good dental health is an important part of overall health.

“Oral health has an impact on one’s physical health beyond just the pain of a toothache. Poor dental care can lead to systemic medical issues,” said Lesley Ogden, MD, CEO of the two Samaritan hospitals located in Lincoln County. “That’s why it is vitally important that we reach underserved residents to help provide basic dental care and to increase everyone’s understanding of how oral health impacts your physical health. After all, your mouth is a part of your body, too!”

Samaritan Health Services, a member of the Coast to Cascades Community Wellness Network and Regional Oral Health Coalition, led previous grant-funded programs for underserved residents in Linn and Lincoln counties to access emergency dental care in dental clinics and dental vans. A recently awarded Health Resources and Services

Administration grant allows dental services to expand to Samaritan hospitals.

The first goal of this new grant is to add dental hygienists at the coastal hospitals’ emergency department care teams to conduct oral health patient assessments; provide services such as cleaning, triage, fluoride varnish and X-rays; consult with offsite dentists; develop treatment plans; and demonstrate patient-specific oral health protocol to nursing staff. Uninsured and underinsured patients will also receive dental vouchers to see a participating dental provider for follow-up care.

A second, longer-term goal is to provide ongoing education to health care providers, staff and community members on the important links between good oral health and physical health outcomes — something that is too often overlooked or downplayed.

For more information, contact Shelagh Baird at sbaird@samhealth.org.



Lebanon couple learns leaving a legacy means planning for the future

Randy and Donna Springer have a decades-long relationship with Samaritan Health Services and Samaritan Lebanon Community Hospital. The couple is generous with both their time and money as they support local health care.

“The organizations that we are most closely involved with — those get our top priority,” explained Randy.

“Samaritan Lebanon Community Hospital is important to us because it is very important to the community,” said Randy, a retired timber executive who has lived in Lebanon for more than 50 years. “It’s a part of the fabric of the community.”

Planning for the future

A history of giving

Making end-of-life decisions for elderly parents without knowing their wishes or trying to guess what kind of charitable giving would honor their memory can be stressful for adult children. While teaching a course at their church that outlined topics to think about in the last quarter of life, the Springers learned how important planning is to leaving a legacy.

Randy has served on the hospital board for a remarkable 45 years in addition to serving on the Samaritan Health Services board, while Donna is a member of the Samaritan Lebanon Community Hospital Auxiliary. She was instrumental in establishing the Garden Grounds coffee shop, which generates significant revenue to support the local hospital.

The course discussed topics like advanced directives and estate planning and encouraged participants to “finish life well.” It’s a statement that resonated strongly with Donna and Randy as they plan for the future.

The Springers hold a personal belief that “to whom much is given, much is expected,” and they have instilled those values with their family. The couple have established a donor-advised fund and involve their two children in charitable decision making. When the family evaluates where to send their charitable giving, they always focus on the organizations that feature a personal connection.

“By planning well, you are leaving your children a treasure chest, not sending them on a treasure hunt when you pass,” Donna said. “We think that’s important, and it shows our love for our children and grandchildren.”

Watch a short video featuring the Springers and learn more about leaving a legacy at samhealth.org/Giving.

Above: Randy and Donna Springer of Lebanon believe planning is key to leaving a legacy.

Keeping you healthy



Due to COVID-19, in-person classes, seminars and support groups are limited. Virtual offerings continue in the meantime.

To see the most current list of events, visit samhealth.org/Classes.

Parenting resources



Prepared parents. Healthy families.

pollywogfamily.org



COVID-19 updates

Find the latest information on COVID-19 including visitor restrictions, testing procedures, vaccinations and more at samhealth.org/Coronavirus.



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Building *balance* together



Dorothy and John Mason display their garden's bounty. Read more about John's story on page 8.



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