

Medical Resource Directory

General Information
503-873-1500

Care Van
Free Medical Transportation
503-873-1784 — Silverton
503-982-4878 — Woodburn

Emergency Department
503-873-1690

Health Education
503-982-4571

Family Birth Center
503-873-1680

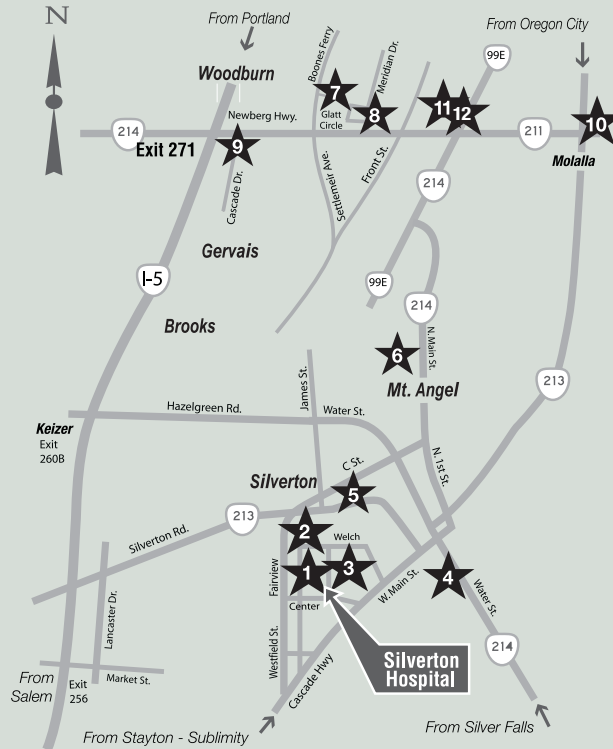
Human Resources
503-873-1537

Lifeline
Personal Response System
503-873-1782

Volunteer Services
503-873-1789

TDD/TTY
(for hearing impaired)
503-873-1502

www.silvertonhospital.org



HOW TO FIND US:

- Silverton Hospital**
342 Fairview
503-873-1500
- Silverton Specialists Center**
452 Welch St.
503-873-8740
- PHELPS STREET ANNEX**
(formerly Health Resource Center)
240 Phelps St.
503-873-1500
- Community Outreach Clinic**
208 S. Water St.
503-873-0815
- McClaine Street Clinic**
442 McClaine St.
503-873-1764
- Mt. Angel Family Medicine**
690 N. Main St.
503-845-2000
- Tukwila Center for Health & Medicine**
693 Glatt Circle
503-982-4571
- Woodburn Family Medicine**
1390 Meridian Dr.
503-982-2174
- Woodburn Internal Medicine**
974 N. Cascade Dr.
503-982-0403
- Family Medical Group of Molalla Building**
861 W. Main St.
503-829-7374
- Wellspring Medical Center**
1475 Mt. Hood Avenue
Now Open
- Silverton Hospital Immediate Care**
1475 Mt. Hood Avenue
Now Open

healthview

JANUARY 2007

Healthy News For Our Friends In Silverton, Mt. Angel, Woodburn, Molalla, Scotts Mills, Gervais, Hubbard, St. Paul, Donald & Aurora



SILVERTON HOSPITAL
342 Fairview
Silverton, Oregon 97381

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JANUARY 2007



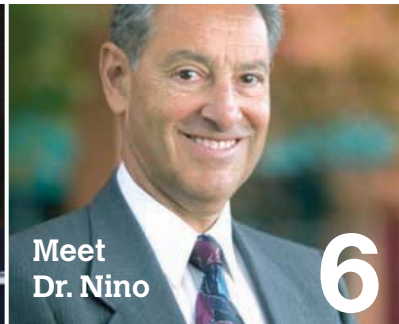
Live. Learn. Transform.

Wellspring Medical Center joins the Silverton Hospital Network



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Well, Well, We

The opening of
Wellspring
in Woodburn introduces
Silverton Hospital's
exciting wellness focused
vision for the ages. Turn
to page 7 for a special
insert and discover
all that Wellspring
can do for you.

You may already have heard about the exciting new Wellspring Medical Center that Silverton Hospital is opening. What you probably didn't know is that much of the credit for this bold new health center for the future belongs to *you*.

Wellspring brings to life a vision of health services that was inspired by a new generation of health-conscious individuals, a group that most likely includes you. It is composed of Baby Boomers, who now comprise 30 percent of our population, and people 65 and better, who account for another 12 percent of Americans.

Those numbers point to a nation that is getting older, but that doesn't mean it's slowing down. Collectively, this is a healthier, more active group of Americans, and their needs and philosophies related to healthcare have encouraged forward-thinking providers like Silverton Hospital to reshape the manner in which they deliver their services.

For example, in the process of responding to your call for information and services that can help you take an active role in your own health management, Silverton Hospital has in recent years

dramatically expanded our education programs, wellness offerings and lifestyle-related services. In other words, we have begun to give our "health" mission the same priority status as our traditional "care" mission.

Wellspring advances this commitment significantly. It is Silverton Hospital's response to our senior, Boomer and other friends' requests to continue doing more for you than just fix what ails you.

Today's health-conscious Americans think more in terms of "staying well" than "getting better." To reach that goal, they are exploring, and often taking advantage of, an array of traditional and non-traditional health and medical services.

For example, one Harvard study showed that one-third of all Americans had tried some form of "complementary" medicine, such as chiropractic care, acupuncture or herbal medicine. Another study found that 14 percent of Americans have had at least one cosmetic procedure, from teeth whitening and laser eye surgery to liposuction and facelifts.

Lest you think this "lifestyle" movement is being driven only by the younger end of the Baby Boom



President's Message



Wellspring: A True Milestone

William E. Winter

Silverton Hospital
President

Every career has its milestones, certain events, activities or accomplishments that allow us to chronicle significant stages in our working lives.

One of the most important milestones in my career came when I joined this outstanding hospital. Few decisions in my professional life have been as rewarding.

The opening of Wellspring Medical Center in Woodburn (please see insert) represents another of these significant events. It's a milestone for me because it is such an exciting and positive new venture, and I am extremely proud to be part of it.

But Wellspring is even more significant for Silverton Hospital and those we serve. More than just a beautiful new piece of architecture, Wellspring will serve as the cornerstone for a new wellness- and lifestyle-oriented initiative that will direct many of Silverton Hospital's future activities.

It is the physical representation of a new mindset. Make no mistake, Silverton Hospital will always be in the business of returning people to health after illness and injury. But Wellspring gives us an opportunity to improve your health. It puts us in better position to provide the new types of

non-traditional programs you are seeking from us.

That's why I believe the opening of Wellspring is a milestone for you too. Unless a baby is in their future, most people in most communities don't often think about their hospitals unless they need a test or some kind of treatment.

There's nothing wrong with that, of course; "treating patients" is what the traditional hospital does. But at Silverton Hospital we also want to be your wellness resource. While our role as a center for healing will remain as important in the future as it is today, we can do even more for our communities if we strengthen our role as "health facilitator."

The people we serve — you — aren't asking us for new healthcare programs with nearly the same frequency you are asking for wellness and lifestyle services. You know we are there for you should you ever become a patient, but your increasingly higher priorities are to stay well, to live better, to enjoy life more.

Nowhere are we better prepared to help you meet those goals than at Wellspring. The opening of this exciting new venture is truly a milestone; for its significance today, but even more for the healthy promise it holds for your future wellbeing.

generation, consider this statistic – 30 percent of all Americans over the age of 65 have tried some form of complementary therapy.

Studies show people want access to a broader range of health-related options that are aligned with their philosophy of health and life. In the vast majority of instances, these services are not used as an alternative to conventional medicine, but as a complement to it.

In Wellspring, residents from local communities and beyond will have access to an array of complementary health services. But, of course, the new center is about much more than that. With its mix of traditional and non-traditional medical services, its lifestyle and aesthetics services, its retail store and healthy bistro, Wellspring offers exciting and vibrant evidence that this is a new day in healthcare. And an exciting one at that.

We invite you to explore our special *HealthView* insert in this issue. Here you will find how the future of our region's healthcare has come to life at Wellspring.

January 2007

healthview
A PUBLICATION OF SILVERTON HOSPITAL

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Can You Hear Me No

Jo Ann Bowman's answer goes
from 'No' to 'Yes' with the
help of Silverton Audiology.

A man in a white lab coat and blue tie is looking through a white and black microscope. He is holding the microscope with his right hand. In the background, a woman's hands are visible, holding a small white object, possibly a hearing aid or a small container. The background is a plain, light-colored wall.

Kelly Rydlund, M.D.



Woodburn resident Jo Ann Bowman was noticing things around her weren't quite the same. Television wasn't as loud, voices weren't as clear. Concerned that her ears might be the culprits, she attended a Silverton Hospital Lunch 'N Learn presentation led by ear, nose and throat specialist Kelly Rydlund, MD. Suddenly the problem was clear – Jo Ann couldn't hear.

"I finally had to admit I needed hearing aids," she recalls.

Dr. Rydlund referred her to Silverton Audiology, where she underwent a series of specialized auditory assessments to pinpoint specific issues and determine proper treatment. With the help of audiologist Renate Hart, Jo Ann chose a pair of hearing aids from the large selection. Getting used to devices might be a challenge, but Jo Ann was determined not to let this slow her down.

"When I first got my hearing aids, I put them right in and wore them home," she recalls. "I told myself I wouldn't take them out, even if they started to bother me. But they haven't given me a bit of trouble."

Jo Ann now says her only regret is that she didn't make this investment in herself years ago. Although it didn't hit home that she was losing her hearing entirely until the Lunch 'N Learn, she'd been struggling for years to hold her own in conversations with her soft-spoken children. And she was always having to ask her husband, who lost his battle with Lewy-Body Disease last year, to repeat himself.

"I'm just sorry I didn't do this while he was still with us," she says.

Jo Ann is hardly alone: an estimated 75 percent of older Americans with hearing loss do not seek help. This can lead to more than just awkward pauses and one-sided conversations. A survey conducted by the National Council on Aging found that hearing-impaired seniors who do not seek help are more likely to suffer from depression, anxiety and social isolation than their hearing-aid-wearing peers.

But, as Jo Ann knows, it's hard to know where to begin. Fortunately, she had a team of medical specialists to help walk her through.

"I work closely with the patient throughout every stage of the process," explains audiologist Hart.

From diagnostic testing and hearing aid selection to adaptation and aftercare,

Hearing tests help detect problems and guide treatment.

each master's-trained audiologist plays a key role on the healthcare team. Physicians, like Dr. Rydlund, are available for consultations regarding treatment options, providing valuable insight and specialized services as warranted by the patient's medical needs.

"You won't get this type of service at your big-box retailer or online store," Hart adds.

Dr. Rydlund agrees. Hearing aids are a significant investment, he says, but you're paying for more than just a piece of plastic. And when you average the cost over the typical eight- to 10-year life of a hearing aid, the initial expense becomes pretty reasonable. With a one-month trial period, after which clients receive a full refund (minus the mold fee) if not completely satisfied, the financial risk is low indeed.

"When you purchase an assistive hearing device, you're not just buying the aid itself, but a lifetime of service," Dr. Rydlund says. "All hearing aids need regular cleaning, minor repairs, adjustments and servicing."

Patients who try to save money by purchasing their hearing aids elsewhere can expect to pay for multiple office visits down the line which quickly cancels out any up-front savings.

The perception exists that the more expensive the aid, the better, but that is not always the case, Dr. Rydlund points out. "Most people with severe hearing loss would do well to choose a behind-the-ear model, which has more power and costs less than the ones that fit completely in the ear canal," he explains. "In-the-ear models are more appropriate for those with minor impairment who are mostly concerned with appearance."

"I feel like I'm on my way to becoming Silverton Audiology's top salesperson," Jo Ann says, laughing. "One of the biggest rewards is being able to hear my youngest son when he calls from duty in Iraq. He sounds as close as next door. My friends have seen what a difference this has made. When it comes time for them, they'll know where to go for the best selection and service."

That's because when Jo Ann talks, the message comes through loud and clear.

If you suspect you are suffering from hearing loss, talk to your primary care provider. For more information or to make an appointment call Silverton Audiology at 503-873-1647.



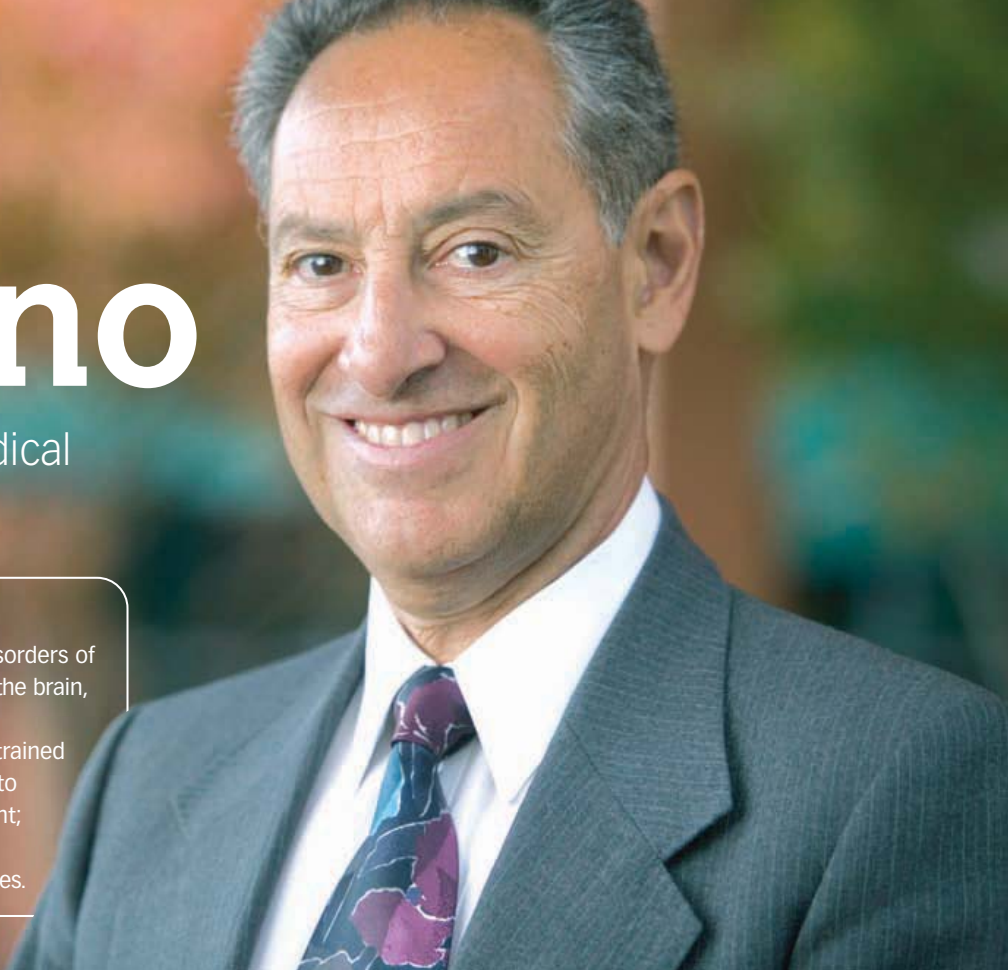
Meet Dr. Nino

Neurologist brings new medical specialty to Silverton

What is Neurology?

Neurology is a branch of medicine dealing with disorders of the central nervous system, including diseases of the brain, spinal cord, nerves and muscles.

Neurology specialists, called neurologists, are trained to diagnose, treat and manage conditions related to the head and neck; muscle strength and movement; balance, ambulation and reflexes; and sensation, memory, speech, language and other cognitive abilities.



add one more specialist to the long list of medical experts Silverton Hospital has recruited to the area in recent years. Neurologist Henry E. Nino, M.D., has opened offices in Silverton and Woodburn.

"I wanted to return to the West Coast, but continue living and working in a small community," explains Dr. Nino of his decision to leave his successful Midwest practice and join Silverton Hospital's growing team of specialists.

After growing up a Californian in Pasadena, Dr. Nino practiced neurology in the San Jose area for 13 years before relocating to Charleston, Ill. He was in practice there for 15 years prior to being wooed westward once again. "I find the community of Silverton to be very warm and inviting," he says. "It offers a comfortable lifestyle with all the activities and amenities that my wife, Liz, and I enjoy."

Dr. Nino performs neurological consultations at the specialist centers in both Silverton and Woodburn. A neurodiagnostics facility recently opened at the hospital's Phelps Street Annex, where a number of different tests – including electroencephalograms and electromyograms – are performed and interpreted.

Polysomnograms, or data generated from overnight sleep studies in Silverton Hospital's Sleep Lab, are subsequently interpreted by the neurologist. Dr. Nino reviews the information collected to diagnose various sleep disorders, such as obstructive sleep apnea or RLS/PLMS (restless leg

syndrome with periodic leg movements of sleep).

An electroencephalogram (EEG) is a test to detect abnormalities in the electrical activity of the brain. This test is performed by a technologist, then interpreted by Dr. Nino. Similarly, an electromyogram (EMG) tests electrical activity within the muscles and measures conduction of electrical activity along nerves.

Though his chosen medical specialty may seem obscure to some, for him, that's part of the attraction.

"I always liked biology and chemistry, which fit nicely into a pre-med program," Dr. Nino points out.

"Silverton Hospital is modern, forward-thinking, well-equipped and dedicated to providing a variety of programs and services to enhance quality of life for patients throughout the region." — Henry E. Nino, M.D.

"This field of medicine allowed me to combine my love of science and my desire to work with people. Neurology was not very well known back when I was in medical school. The logic of tying together brain activity with the function and malfunction of the body appealed to my sense of discovering solutions to puzzles and mysteries."

After earning a bachelor's degree from St. Mary's College of California, Dr. Nino completed medical school at the University of California, Los Angeles. He logged two years of internal medicine experience at the George Washington University

Medical Center in Washington D.C., then it was on to the University of Minnesota for his neurology residency and fellowship. He and his wife Elizabeth married in 1970.

Years later, Dr. Nino is pleased to once again call the West Coast home — and proud to be affiliated with one of the Nation's 100 Top Hospitals®.

"Silverton Hospital is a high-quality institution, particularly for its size and rural location," he says. "It's modern, forward-thinking, well-equipped and dedicated to providing a variety of programs and services to enhance quality of life for patients

throughout the region."

The addition of Dr. Nino to the Silverton Hospital Medical staff means the list of specialty care now available locally includes cardiology, dermatology, gastroenterology, neurology, ophthalmology, orthopedic surgery, otolaryngology, pediatrics, plastic surgery, podiatry, psychology and urology. That's an impressive array of medical expertise not typically available from small community hospitals. Of course, Silverton Hospital isn't your typical small community hospital.

Great Strides



Rehabilitation programs in Silverton and Woodburn help people regain skills after setbacks like strokes, dizziness and balance disorders.

Each year more than 700,000 Americans suffer strokes. Strokes are the third-leading cause of death and No. 1 cause of adult disability in the United States.

While some strokes are mild and cause little lasting damage – these are referred to as transient ischemic attacks, or TIAs – a majority of survivors require some type of rehabilitation. When cell death occurs due to restricted blood flow to the brain during a stroke, abilities controlled by the affected area are lost. Rehabilitation cannot reverse the brain damage sustained during a stroke, but it can help patients relearn many of the abilities that were lost, the most common of which are speech and movement.

The good news for area residents is Silverton Hospital offers comprehensive rehabilitation services both in Silverton and Woodburn. The latter program will be one of the tenants in the new Wellspring facility later this month.

Speech-language pathologist Amelia Wilbur has seen an increasing number of referrals for both inpatients and outpatients in the four years she's been with Silverton Rehabilitation Services. At least 25 percent of all stroke survivors experience language impairments, involving the ability to speak, write and understand spoken and written language. While many of Wilbur's patients are dealing with conditions resulting from the normal aging process, most are recovering from strokes.

"Two main definers of quality of life are the

ability to eat and the ability to communicate," Wilbur points out.

Few stroke survivors are able to resume the same levels of functioning across the board, but almost all can achieve some level of improvement under a therapist's care. Helping patients and their loved ones understand and accept that is half the battle.

"A key part in the recovery process involves the patient and the caregiver learning to cope with the reality of the disability and compensate for skills that cannot be relearned or regained," explains Wilbur. "I help them understand the prognosis for recovery, and work within limitations to enhance communication and self-sufficiency."

With a master's degree from Utah State University, Wilbur has been a speech-language pathologist for more than 30 years. She performs clinical assessments on each of her patients, then develops a care plan for the patient and family in conjunction with other members of the therapy team.

Patients with compromised movement are referred to one of the team's physical therapists, like Angela Beckner. "Working with neurologically impaired patients begins with focusing on function to facilitate whatever development of motor control their limitations will allow," Beckner explains.

Beckner, who moved to Silverton with her family earlier this year, earned her master's degree in physical therapy from Loma Linda University. She's spent the bulk of her career treating patients

recovering from strokes and spinal cord injuries, and brings that experience to the patients of Silverton Rehabilitation Services.

"Right now, our patient population is primarily orthopedic. I'm hoping to increase the number of neurologically impaired and fall-risk patients I can help here as well," she says.

Mt. Angel resident Leora Diederichs has never suffered a stroke, but she's been plagued by dizzy spells for much of her life. Her difficulty with balance put her at high risk for falls. Diederichs saw her doctor following a particularly bad episode last summer, and, after a series of tests, was deemed a good candidate for physical therapy. After three sessions with Beckner, the 87-year-old saw a marked improvement in her balance.

"I can walk around town now and not feel like I'm going to fall," Diederichs says.

She continues to do the exercises she learned in therapy every day at home.

Oftentimes, a routine that includes a few simple exercises is all it takes to treat factors contributing most to a patient's problem. For others, the picture is more complicated, and they may require assistive devices or the help of family to keep them safe.

"Whatever my patient needs, I'm a resource for them so they can remain as active as possible throughout their lives," Beckner adds.

For more information on rehabilitation services talk to your primary care provider, or call 503-873-1647 in Silverton and 503-982-8790 in Woodburn.

Ahea

New technology offers even more to patients who have made Silverton Hospital's Emergency Department the busiest in the state.

It's safe to say that most people that are found in any given Emergency Department are not there by choice.

But the nearly 20,000 patient visits Silverton Hospital's Emergency Department recorded last year are a good sign that, if you do happen to need emergency medical attention, this is a great place to be. In fact, on a patient-per-bed basis, Silverton's ED is the busiest in the state, says Ali Salem, RN.


"We're very proud of our Emergency Department," he says. "It's truly one of the best around."

Sure, the 10-year Silverton Hospital employee and certified emergency nurse, may be a little biased, but ED patient comments speak for themselves.

The high patient satisfaction scores come from a variety of sources. For example, patient wait time has been reduced to a fraction of what it once was in the ED (and still is in the majority of Oregon's hospital emergency rooms). The Silverton ED team's goal is to have a patient seeing a physician within 15 minutes of arrival, which is well below state and national averages. The importance of shorter wait times extends beyond patient satisfaction. It's also a safety issue. The sooner patients are out of the waiting room and into the ED, being seen by doctors and staff, the better.

Of course, quality of care and staff are the most important factors for patients, and those haven't changed, despite the ED team's focus on speed and efficiency. Patients enjoy a high level of personalized and compassionate care from the physicians, nurses, technicians and support staff.

That outstanding team is the key ingredient to the Silverton Hospital ED's success, says Jamie



Jamie Baxter, RN, CEN,
and Ali Salem, RN, CEN

ad of the Wave

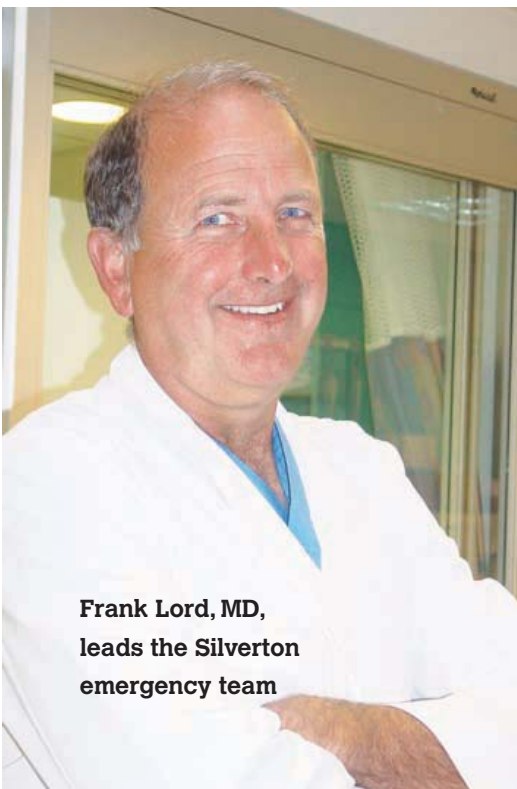
Baxter, RN, certified emergency nurse and leader of the disaster preparedness program for the hospital. Short wait times are great, she acknowledges, but it's the people who make the difference.

"In the end, healthcare is about teamwork, and our healthcare team is exceptional," Baxter says. "These are some of the most extraordinary people I've had the pleasure to work with in my nursing career. They truly care – about one another, and about our patients."

"The No. 1 indicator of patient satisfaction is the ability to get them into a room as soon as possible, and we do that," she explains. "But quicker care isn't everything."

"In the end, healthcare is about teamwork, and our healthcare team is exceptional. These are some of the most extraordinary people I've had the pleasure to work with in my nursing career."

— **Jamie Baxter, RN**



Frank Lord, MD,
leads the Silverton
emergency team

While the care has always been excellent, recent technological and procedural changes have helped increase efficiency, accuracy and safety throughout the department.

Last December Silverton Hospital became the first hospital in Oregon to convert to a fully integrated electronic medical record tracking system. The system enables physicians to enter orders and instructions at the patient's bedside, receive real-time lab and X-ray results, document treatment, create discharge instructions tailored to the patients' diagnosis and print prescriptions.

Just as important, the state-of-the-art tracking system puts at physicians' fingertips detailed

information about proven best practices for diagnosing and treating patients who arrive in the ED. It allows physicians to quickly assess a patient's condition and prescribe treatment based on standards that are developed after studying hundreds of similar cases.

"This is a tool that lets us, and our patients, benefit from immediate access to hundreds of standards of care that have been established for emergency department patients," says Frank Lord, MD, medical director of the Silverton ED. "It also allows us to research how we are performing so that we can, when necessary, direct our energy to changing systems or educating people to ensure we're practicing the very best evidence-based medicine."

The system represents the next wave of patient care management, and area residents should be pleased to know Silverton Hospital is way out in front of it.

When it's an Emergency

Urgent care is not a substitute for emergency care. You should use the emergency department for very serious or life-threatening problems. If you are experiencing any of the following symptoms, don't wait! Call 911 or quickly get to the Silverton Hospital emergency room:

- Chest pain
- Severe abdominal pain
- Difficulty breathing or shortness of breath
- Sudden dizziness, weakness or loss of coordination or balance
- Sudden blurred vision
- Numbness in the face, arm or leg
- Sudden, severe headache
- Deep cuts or bleeding that won't stop
- Coughing up or vomiting blood
- Severe burns
- Seizures

When it's Urgent, Not Emergent

When you can't wait to see a doctor, but your medical need does not represent an emergency, immediate care is an excellent alternate option for you.

At immediate care centers in Woodburn and Molalla you'll find high-quality primary care services for medically necessary, but not life-threatening, conditions.

- Spains and strains
- Flu, colds and ear infections
- Sore throats
- Coughs
- Cuts
- Scrapes
- Fractures
- Drug screening
- Travel immunizations
- Treatment of minor burns
- On the job injuries

**Woodburn: Silverton Hospital
Immediate Care**

Wellspring Medical Center
1475 Mt. Hood Ave.
971-983-5360

Molalla: Molalla Urgent Care

861 Main Street
503-829-7344

community edu

Silverton Hospital

Silverton Hospital is located at 342 Fairview Street.
503.873.1642



AMERICAN RED CROSS ADULT CPR WITH FIRST AID

Trains individuals to respond to emergencies, identify life-threatening conditions, provide care, control bleeding, and prevent injuries.

This seven-hour class meets current E.C.C. guidelines.

- Conference Rooms G above the Family Birth Center
- Saturday, Feb. 17, 8:30 a.m. -3:30 p.m.
- \$35 per person or \$25 for Adult CPR only
- Pre-register by calling 503-585-5414

AMERICAN RED CROSS COMBINATION ADULT/CHILD/INFANT CPR & FIRST AID

This class meets current E.C.C. guidelines, as well as the requirements for child-care providers. Students successfully completing course objectives receive certification in Infant and Child CPR for one year and First Aid for three years.

- Room F
- Saturday, Feb. 3, 8:30 a.m.-5 p.m.
- Cost: \$35 per person or \$43 with Babysitters First Aid Kit
- Pre-register by calling 503-585-5414.

AMERICAN RED CROSS BABYSITTER TRAINING

A unique interactive format that tasks youth, ages 11 - 14 years of age, with activities such as identifying safety problems around the house and yard and selecting age-appropriate toys and games for children in their care.

- Saturday, Feb. 24, 9 a.m.-3:30 p.m.
- \$35 per person or \$43 with Babysitters First Aid Kit
- Pre-register by calling 503-585-5414

BOOT CAMP FOR DADS-TO-BE

A 2-hour workshop by newly experienced fathers who bring in their own infants to help orient dads-to-be on the realities of parenthood.

- Thursday, March 1, 6:30-8:30 p.m.
- \$15
- Includes free massage or pedicure for mom in a nearby room!
- Call Silverton Together at 503-873-8405 for information or to register.

AARP DRIVER SAFETY PROGRAM

This two-day defensive driving course, designed for people 55 and older, refreshes your driving skills and makes you eligible for a discount in auto insurance.

- March 6 & 7, 5-9 p.m. both days
- Cost: \$10 — check preferred (attendance required both days)
- Pre-register by calling 503-873-1642

LOOK GOOD, FEEL BETTER

This free American Cancer Society program teaches beauty techniques to women cancer patients in active treatment to help them combat the appearance-related side effects of cancer treatment.

- Room F, above the Family Birth Center
- Monday, March 12, 5:30-7:30 p.m.
- Lunch will be served.
- Class is free but pre-registration required.
- Pre-register at 503-982-4571

AL-ANON (ALCOHOLICS ANONYMOUS)

Family and friends of alcoholics welcome.

- Conference Room G above the Family Birth Center
- Monday evenings weekly, 7 - 8 p.m.

JOURNEY OF GRIEF

Co-sponsored by Willamette Valley Hospice, this six-week series will help you come to terms with grief in your life in an open and supportive setting. Space is limited to ensure your comfort; please pre-register.

- Conference Room G above the Family Birth Center
- Thursday, Feb. 8-March 15, 6-8 p.m.
- Free
- Pre-register by calling 503-873-1642

HEARTWIND YOGA

Offered by experienced and certified instructor, Jane Golden, RN, BSN. These classes focus on breath awareness and posture alignment while offering foundational movement and postures to build strength, endurance and flexibility.

- Room F above the Family Birth Center
- Tuesdays; 5:30-7 p.m.
- Ongoing group classes \$45/6-week session
- Private therapy sessions available
- To register call Jane at 503-634-2827



BREAST CANCER SUPPORT GROUP

Join a group to share information, support and hope after the diagnosis of breast cancer. For more information contact Kate Robertson, 503-873-1791.

- Third Monday of each month, 6:30-8 p.m.
- Silverton Hospital, Room E (second floor, Family Birthing Center)

FOOT CARE SERVICES

Registered nurses provide toenail clipping, foot massages and care referrals, when necessary, in a relaxing environment. Anyone is welcome, but sessions are by appointment only.

- Phelps Street Annex, 240 Phelps St.
- Cost \$25
- Call 503-873-1784 for questions and appointments

CAR SEAT SAFETY CHECK

In Marion County as many as 98 out of 100 people are using their car seats incorrectly. Stop by and learn the do's and don'ts of car seat installation. If you are in need of an infant, convertible, or booster seat, but cannot afford the full cost of one, there are limited ones available at a reduced cost. An application must be filled out, and an appointment made for installation. For more information call 503-588-SAFE (7233) or 503-982-4882.

- Monthly, first Thursday from 1:30-4 p.m.
- Free of charge
- No appointment necessary.
- Safety check located at Silverton Hospital's Family Birth Center
- Limited car seats available at reduced cost. Application required.



PARENTS/INFANTS PLUS

A parent education and peer support network for families with infants 0-3 months, especially first-time parents. 10 sessions, meeting every other week.

- Conference Room above the Family Birth Center
- Every other Thursday beginning Jan. 25, 6:30-8:30 p.m.
- \$35, scholarships available
- Call Silverton Together at 503-873-8405 for information or to register.

B.A.B.I.E.S. PROGRAM

Babies And Breastfeeding Information, Education & Support is a complimentary outpatient program designed to help new parents and their infants. Specially trained RNs offer free one-on-one breastfeeding support by appointment. Prenatal classes also are available for a fee.

- Foyer of Family Birth Center
- Mondays through Fridays, weekly, 9 a.m.-3 p.m.
- Call 503-873-1668 to make an appointment.



Family Medical Group of Molalla

861 West Main Street 503.873.1642

AARP DRIVER SAFETY PROGRAM 2-DAY CLASS

This two-day defensive driving course, designed for people 55 and older, refreshes your driving skills and makes you eligible for a reduction on your auto insurance.

- Conference Room North/South
- Wednesday & Thursday, Feb. 14-15, 9 a.m.-1 p.m. both days
- Cost: \$10 — check preferred (attendance required both days)
- Pre-register is required by calling 503-873-1642.

Education calendar

Tukwila Center

Tukwila Center for Health and Medicine is located at 693 Glatt Circle in Woodburn. Health Ed Center: 503.982.4571

AMERICAN RED CROSS BABYSITTER TRAINING

A unique interactive format that tasks youth, ages 11 - 14 years of age, with activities such as identifying safety problems around the house and yard and selecting age-appropriate toys and games for children in their care.

- Saturday, Jan. 20, 9 a.m.-3:30 p.m. OR
- Saturday, March 3, 9 a.m.-3:30 p.m.
- \$35 per person or \$43 with Babysitters First Aid Kit
- Pre-register by calling 503-981-9393



AMERICAN RED CROSS ADULT CPR WITH FIRST AID

Trains individuals to respond to emergencies, identify life-threatening conditions, provide care, control bleeding, and prevent injuries. This seven-hour class meets current E.C.C. guidelines.

- Saturday, Jan. 27, 8:30 a.m. - 3:30 p.m. OR
- Saturday, March 31, 8:30 a.m. - 3:30 p.m.
- \$35 per person or \$25 for Adult CPR only
- Pre-register is required. Call 503-981-9393

AARP DRIVER SAFETY PROGRAM 2-DAY CLASS

This two-day defensive driving course, designed for people 55 and older, refreshes your driving skills and makes you eligible for a reduction on your auto insurance.

- Feb. 9, 5:30 - 9:30 p.m. and Feb. 10, 9 a.m.-noon OR
- March 12-13, Noon - 4 p.m. both days
- Cost: \$10 — check preferred (attendance required both days)
- Pre-registration is required. Call 503-981-4571

LOOK GOOD, FEEL BETTER

This free American Cancer Society program teaches beauty techniques to women cancer patients in active treatment to help them combat the appearance-related side effects of cancer treatment.

- Monday, Feb. 19, 11a.m.-2:30 p.m.
- Lunch will be served.
- Class is free but pre-registration required.
- Pre-register at 503-982-4571

JOURNEY OF GRIEF

Co-sponsored by Willamette Valley Hospice, this six-week series will help you come to terms with grief in your life in an open and supportive setting.

- Conference Room C
- Tuesdays, March 22 - April 26, 6-8 p.m.
- Free
- Pre-register by calling 503-983-4571

HEARTWIND YOGA

Offered by experienced and certified instructor, Jane Golden, RN, BSN. These classes focus on breath awareness and posture alignment while offering foundational movement and postures to build strength, endurance and flexibility.

- Thursdays; 9 a.m.-10:30 p.m.
- Ongoing group classes \$45/6-week session
- Private Therapy Sessions available
- To register call Jane at 503-634-2827



BODY BALANCE

A 30-minute workout designed to reduce the risk of falls and osteoporosis.

- Tuesdays & Thursdays, 11-11:30 a.m.
- To register call Alicia at 503-982-1288

TAI CHI

A gentle exercise class consisting of slow, fluid movements designed to improve the mind and body through meditation.

- Mondays, 9-10:30 a.m.
- 7-week session \$77
- Pre-register by calling 503-540-7598

FOOT CARE SERVICES

Registered nurses provide toenail clipping, foot massages and care referrals in a relaxing environment. Anyone is welcome, but sessions are by appointment only.

- Thursdays and first Wednesday
- 8:30 a.m.-2 p.m.
- Cost \$25
- Call 503-982-4878 for appointments

TURNING POINT CLINICAL WEIGHT MANAGEMENT PROGRAM

Some people think they can manage their weight by exercising a little willpower...we know better! Our weight management programs specialize in providing a serious research-based treatment that relies on intensive lifestyle education and the strategic use of meal replacement.

- Wellspring Medical Center, 1475 Mt. Hood Avenue
- Free informational orientations
- Call for dates and times, 971-983-5212

B.A.B.I.E.S. PROGRAM

Babies And Breastfeeding Information, Education & Support is a complimentary outpatient program designed to help new parents and their infants. Specially trained RNs offer free one-on-one breastfeeding support by appointment. Prenatal classes also are available for a fee.

- 1st floor, Women's Health Care Professionals Office
- Mondays, Wednesdays, Fridays, weekly 11 a.m.-3 p.m.
- Call Mary Kay 503-982-4882 for more information or to make an appointment.

Wellspring Open House

**SATURDAY, JAN. 20
1475 MT. HOOD AVE., WOODBURN
FOR MORE INFORMATION, 971-983-5314**

From healthy cooking demonstrations to fitness techniques, integrative medicine to chair massage, we're inviting our neighbors to discover all that Wellspring can do for you. Stop in for a presentation or tour, then stay for lunch in The Bistro or browse The Source.

Live. Learn. Transform.



Integrative Medicine

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| Chair Massage | 10 am - 3 pm |
| Tours of Integrative Medicine | 10 am - 3 pm |
| Bioidentical Hormone Info | 10 am - 3 pm |

Turning Point Weight Management

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| Tours | 10 am - 3 pm |
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Harvest Kitchen

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| Cooking Demos | 10:30 am, 11:30 am & 12:30 pm |
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"Oregon Black Truffle Risotto"

The Source

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| Make-up Demos | 11 am - 1 pm |
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Dermatology

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| Tours | 10 am - 3 pm |
| Skin Cancer Screenings | 2 - 3 pm |

Aesthetic Plastic Surgery

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| Tours | 10 am - 3 pm |
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Fitness Center

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| Integrative Fitness Overview | Every 15 min. 10 am - 3 pm |
| Fitness Center Orientation | Every 15 min. 10 am - 3 pm |
| Intro to Yoga | 10:30 am & 1:30 pm |
| Intro to Nia | 11 am & 12:30 pm |
| Intro to Body Centered Fitness Coaching | 11:15 am & 1 pm |
| Intro to Meditation | Noon |
| Intro to Cardiovascular Fitness | 12:45 pm |
| Intro to Resistance Training | 1:15 pm |
| Intro to Wellness | 2 pm |
| Intro to Mindful Living | 11:30 am |
| Intro to Sustainable Fitness | 1:45 pm |
| Breathing 101 | 10:45 am & 2:15 pm |

The Woodlands

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| Conference & Event Center Information | 10 am - 3 pm |
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Presentations in The Woodlands at Wellspring

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|----------------------------------------------------------|------------------|
| Integrative Medicine Melissa C. Young, MD | 10:30 & 11:30 am |
| Dermatology John Young, MD | 11 am & 1 pm |
| Plastic Surgery Meegan Gruber, MD, PhD | Noon |
| The Benefits of Massage Jen Brady, LMT | 12:30 pm |
| Six Steps to a Safe, Sane Menopause Candace Burch, MA | 1:30 pm |

wellspringmedicalcenter.com