

2021

# OURx

Yamhill Valley  
Health & Wellness

A SPECIAL PUBLICATION OF THE NEWS-REGISTER ADVERTISING DEPARTMENT





# This is Healthcaring.

At Willamette Valley Medical Center, we bring a growing list of professional health care services to the communities we serve. From emergency services and routine procedures, to long-term capabilities, our team provides an array of services in one, centralized location. Through our network of providers and services, WVMC gives you access to the care you need—when you need it and how you need it.

- 24-hour emergency department
- Family birthing center
- Imaging and radiology services
- Nationally accredited weight loss surgery center
- Joint Replacement Institute of Oregon
- Nationally accredited cancer center
- Center of excellence wound care center
- Physical therapy and sports rehabilitation services
- Senior behavioral health services
- Expansive diagnostic and surgical care

For a full list of services visit  
**WillametteValleyMedical.com**



2700 SE Stratus Ave. | McMinnville, OR 97128  
**503.472.6131**

## Our Community Investments - 2019



This facility and its affiliates comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.  
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-503-472-6131.  
CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-503-472-6131.



# Live Well.

Choose personalized skilled care and therapy programs with professionals that put you first. Our services are designed to provide you with quality care and comfort.

## Skilled Nursing Care Physical, Occupational, Speech & Lymphedema Therapies

**Inpatient & Outpatient Rehabilitation supported by:**  
**STATE OF THE ART THERAPY GYM - 7 DAYS A WEEK**  
**Bioness** (for stroke recovery)  
**AlterG** (for cardiac, joint replacement, stroke recovery)  
**Biodes** (for balance and fall prevention)  
**VitalStim** (to improve eating and speaking)  
**Shortwave diathermy** (for wound healing and pain management)  
**Interactive metronome** (for Parkinson's disease)  
**Closed Pulse Irrigation** (wounds)

**Nursing:**  
**POST-ACUTE NURSING SERVICES INCLUDING**  
Bladder scanner (to reduce catheterization)  
In-house picc line replacement  
24/7 Admissions

**Advanced Skills**  
IV  
TPN  
Wound Vac  
PICC Line



**Call to schedule your tour!**  
**503.472.4678**

1309 NE 27th | McMinnville, OR  
[www.LifeCareCenterOfMcMinnville.com](http://www.LifeCareCenterOfMcMinnville.com)





*Over 35 Years  
Of Experience In  
Yamhill County*



# Services

Comprehensive Exam | Preventative Services

Oral Conscious Sedation | Amalgam Fillings

Smile Makeovers | Dental Implants

Dental Veneers | Bridges | Crowns

Inlays/Onlays | Children's Dentistry

Root Canals | Teeth Whitening | Dentures

*Advanced Smile Design*

821 NE Highway 99W, McMinnville  
(503) 472-1159  
JamesNelsonDentistry@live.com



# OURx

Yamhill Valley Health  
and Wellness

## OURx

**PUBLISHER**  
Jeb Bladine

**EDITOR**  
Ossie Bladine

**SALES MANAGER**  
Terry Conlon

**MARKETING CONSULTANTS**  
Kelsey Selph  
Kathie Stamper  
Bonnie George

**GRAPHIC DESIGN**  
Amber McAlary  
Morgan King  
Casey Wheeler

**PUBLICATION PRINTING**  
Oregon Lithoprint, Inc.  
oregonlitho.com

©2020-2021 News-Register  
Publishing Co.  
P.O. Box 727 / 611 NE Third St.  
McMinnville | 503.472.5114  
newsregister.com

Published December 29, 2020

The editorial content in this publication is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

OURx Yamhill Valley Health & Wellness is a specialty publication of the News-Register Advertising Department.

## Contents

Live a long and healthy life .....	06
Ways to move more .....	16
Plant-based proteins .....	18
Coughs: dry versus wet .....	23
Gingivitis .....	26
Skin care and hand washing .....	28
Poisons in your home .....	31
Aging and eye health .....	32
How to manage stress .....	36

**To all the health  
care providers in our  
community, thank you.**



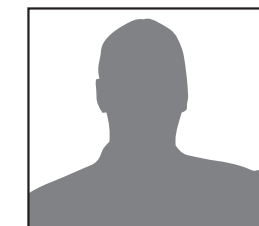
## Did we miss you?

**Your Name Here**

Occupation/Title

**Business Name**

Business Address  
Business Phone Number  
Business website



Did We Miss You? Sorry if we missed you. We tried hard to reach everyone about promoting their business in this magazine. To make sure we don't miss you for next year's edition, call us now and you'll be at the top of our list next year.

advertising@newsregister.com | 503.687.1258





# Live a long, healthy life

If you want to increase your lifespan, adopting a healthy lifestyle can help prevent illness and injury. Here's what you can do to live a long life.

**EAT WELL**  
An abundance of nutrient-rich fruits and vegetables, whole grains and fish packed with omega-3 fatty acids are vital components of a healthy, balanced diet. You should also limit your consumption of trans fat, salt and refined sugar.

**STAY HYDRATED**  
Drink at least half a gallon of water every day to help your body absorb nutrients, regulate your temperature and eliminate

waste. You can supplement your liquid intake with broth, milk and juice that's low in sugar.

**WATCH YOUR WEIGHT**  
If you're overweight, you risk developing a range of health problems such as cancer, high blood pressure and cardiovascular disease. You're also more likely to experience joint pain and reduced mobility.

**GET ENOUGH SLEEP**  
Adults should sleep between seven and nine hours every night. To optimize your rest, establish a consistent sleep schedule and invest in a quality mattress and pillow. Avoid eating and limit your use of electronic devices before bed.

**REMAIN ACTIVE**  
Health experts recommend that adults engage in at least 150 minutes of aerobic exercise every week. In addition to providing physical benefits, an active lifestyle helps boost your mood, improve your memory and reduce stress. Choose an activity you enjoy to ensure you stay motivated.

**EXERCISE YOUR MIND**  
To delay or prevent cognitive decline, challenge your brain on a regular basis. Reading, learning new skills, solving puzzles

and playing games are all great ways to stimulate your brain.

**MAINTAIN YOUR SOCIAL CIRCLE**  
Social connections can help decrease feelings of depression and anxiety, strengthen your immune system and lower your risk of developing dementia.

**LEARN TO MANAGE STRESS**  
From ulcers and irritability to migraines and high blood pressure, stress can have serious consequences on your health. Explore various ways to relax and reduce stress such as breathing deeply, listening to music and practicing yoga.

**CONSULT HEALTH PROFESSIONALS**  
Depending on your age and health, you should visit your doctor, dentist, optometrist and other health-care specialists every few months or years. If you experience any concerning or persistent symptoms, schedule a consultation right away.

In addition to adopting these healthy habits, avoid smoking and limit your alcohol consumption to the recommended amount.



## Your Partner in Homecare

Family resource for in-home personal care

Providing older adults the help they need to remain in their own homes as long as possible. Comprehensive nonmedical in-home care for your way of life.

**Personal Care • Household Tasks • Meal Prep/Shopping • Grooming/Hygiene • Dressing Assistance • Companionship • Transportation • and Much More**

**HomecarePartner.org | 503-472-9491**

Find out why our  
**NonProfit Agency**  
Serves you better  
and saves you money  
Ask about our "Things to Consider"

Rated on Caring.com

**UNITED HOMECARE SERVICES**  
A nonprofit public benefit agency • Since 2005  
Oregon Health Authority License 15-2177

# Leading-edge cancer care in McMinnville

Oregon Oncology Specialists is dedicated to providing the most advanced cancer care in McMinnville and the Yamhill Valley. Our physicians specialize in the latest treatments and advanced therapies. Our staff meets your needs with care and compassion. We're committed to providing excellent care, close to home, and treating every patient with respect. In every way, our focus is on you.



**CATHERINE O'BRIEN, MD**  
Dr. O'Brien is a highly accomplished oncologist who has been recognized for excellence throughout her career.

**NICHOLAS BARBER, MD**  
Dr. Barber is dedicated to providing excellent, evidence-based care to create the best treatment options for his patients.

**MCMINNVILLE**  
2700 SE Stratus Avenue, Suite A | McMinnville, OR



McMinnville | Woodburn | Salem | Silverton 503-435-6590 | OregonOncologySpecialists.com





## Zoey Stoumbos

M.D.  
OPHTHALMOLOGIST

### Oregon Eye Specialists

Appointments at [oregoneyes.net](http://oregoneyes.net)  
2318 Portland Road, No. 300  
Newberg | 503.538.1341

A childhood trip to Oaxaca, Mexico, with Northwest Medical Teams inspired Zoey Stoumbos, M.D., to go into medicine, ophthalmology in particular.

She saw the incredible difference ophthalmology can make in all aspects of people's lives. Preserving and improving their eyesight helps them earn a living and fulfill themselves through their work, enjoy their hobbies and experience freedom and independence.

Dr. Stoumbos is motivated by a strong drive to serve and provide high-quality care in a compassionate manner. Born and raised in the Portland area, she earned a bachelor's degree in biology from Gonzaga University, then went on to medical school and a residency in ophthalmology at Georgetown University. She completed a fellowship in glaucoma at Tufts New England Eye Center and Ophthalmic Consultants in Boston.

Trained in medical and surgical management of glaucoma, she has extensive experience in the full spectrum of glaucoma surgery and cataract surgery, as well. She belongs to the American Glaucoma Society and American Academy of Ophthalmology.

Dr. Stoumbos enjoys traveling and learning about different cultures and cuisines. She likes to read, watch sports, explore the outdoors and spend time with her family, including her husband and two cats.



## Grant R. Lindquist

M.D.  
OPHTHALMOLOGIST

### Oregon Eye Specialists

Appointments at [oregoneyes.net](http://oregoneyes.net)  
2318 Portland Road, No. 300  
Newberg | 503.538.1341

Grant R. Lindquist, M.D., enjoys working with the wonderful patients who come to Oregon Eye Specialists PC, which has been serving Yamhill County for more than 40 years. As a general ophthalmologist, he finds it especially rewarding to get to know them over the long term and see their medical conditions improve.

The son of a general surgeon, Dr. Lindquist grew up knowing medicine is a great opportunity to help people.

The University of Oregon graduate completed his medical degree and ophthalmology residency at Oregon Health & Sciences University.

He belongs to the Oregon Medical Association, American and Oregon Academies of Ophthalmology, and the Portland Metropolitan Society of Physicians.

A former president of the medical staff at Newberg Hospital, he and the staff at Oregon Eye Specialists continue to work with Providence Newberg Hospital by providing consultations for the emergency department.

Dr. Lindquist and his wife have two children who are following him into the health care field. His daughter just received a BA in nursing from Concordia University, and his son, a U of O graduate, is applying for medical school.



## David S. Sanders

M.D., M.P.H.  
OPHTHALMOLOGIST

### Oregon Eye Specialists

Appointments at [oregoneyes.net](http://oregoneyes.net)  
2318 Portland Road, No. 300  
Newberg | 503.538.1341

Ophthalmologist David Sanders, an animal lover, considered becoming a vet. He decided, instead, to pursue human medicine, which he considers even more interesting. And he focused on ophthalmology as a way of changing the world for the better.

After studying at Oregon State University, Dr. Sanders worked in clinical cancer research at Oregon Health & Sciences University, from which he would earn his M.D. and Master of Public Health degree with a focus on epidemiology and biostatistics.

There, he said, he saw how innovation and warmth improve the treatment of patients.

Later, working in public health projects in Colombia and African countries, he realized the profound impact of eye surgery on preserving not only vision, but quality of life.

Dr. Sanders finished his ophthalmology training at the University of Michigan, and returned to Portland for his glaucoma fellowship at OHSU and the Legacy Devers Eye Institute.

An expert in the medical and surgical management of glaucoma, Dr. Sanders also feels fortunate to be an ophthalmologist because it lets him build long-lasting relationships with his patients.

In addition to loving his work, Dr. Sanders enjoys baking sourdough bread and visiting local vineyards with his wife.



## WEST VALLEY HOSPITAL

Here to meet your family's health needs.

[salemhealth.org/westvalley](http://salemhealth.org/westvalley)



*A family tradition of  
excellent dental care*



## FOR PATIENTS OF ALL AGES

Accepting New Patients  
A Member of Your Community For Over 30 Years



Amy Wark, DMD | Brian Bollwitt, DMD

2177 NW 2nd St. McMinnville, OR 97128  
T (503) 472-2125 [www.AmyWarkDMD.com](http://www.AmyWarkDMD.com)





**Amy R.  
Van Heel, O.D.**  
OPTOMETRIST

**McMinnville Eye Clinic**

McMinnvilleEyeClinic.com  
235 SE Norton Ln, Ste A  
McMinnville | 503.472.4688

Dr. Amy Van Heel received her doctor of Optometry degree from Pacific University in Forest Grove, Oregon. She also completed her Master of Science in Vision Science while at Pacific University. Dr. Van Heel is a member of Oregon Optometric Physicians Association and the American Optometric Association.

She has an interest in comprehensive optometry and contact lenses. Dr. Van Heel joined McMinnville Eye Clinic in 2019. She lives in Newberg with her husband and their black lab. In her free time she enjoys baking and embroidery.



**G. Ryan  
Berger, M.D.**  
OPHTHALMOLOGIST

**McMinnville Eye Clinic**

McMinnvilleEyeClinic.com  
235 SE Norton Ln, Ste A  
McMinnville | 503.472.4688

Dr. Ryan Berger graduated from Georgetown University School of Medicine. He completed his residency in internal medicine at Dartmouth-Hitchcock Medical Center, where he served as chief resident. Dr. Berger went on to complete his residency in ophthalmology at the University of Colorado.

Dr. Berger joined the McMinnville Eye Clinic in 2009 and practices comprehensive medical and surgical ophthalmology. He is board certified by the American Board of Ophthalmology and is a member of the Oregon Medical Association and the Oregon Academy of Ophthalmology.

Dr. Berger lives in McMinnville with his family.



**Laura C.  
Burke, M.D.**  
OPHTHALMOLOGIST

**McMinnville Eye Clinic**

McMinnvilleEyeClinic.com  
235 SE Norton Ln, Ste A  
McMinnville | 503.472.4688

Dr. Burke was awarded her medical degree from Creighton University School of Medicine and completed her Ophthalmology residency at Loyola University Medical Center. She practices general ophthalmology including glaucoma, macular degeneration, dry eyes and cataract lens implant surgery. She is board certified by the American Board of Ophthalmology.

Dr. Burke grew up in Corvallis and is excited to make McMinnville her home. She is married with three children and enjoys reading to them. She also enjoys hiking, gardening and baking.

Dr. Burke joined McMinnville Eye Clinic in 2018.



**David J. C.  
Hayes, M.D.**  
OPHTHALMOLOGIST

**McMinnville Eye Clinic**

McMinnvilleEyeClinic.com  
235 SE Norton Ln, Ste A  
McMinnville | 503.472.4688

Dr. David Hayes earned his medical degree from the University of California, San Francisco. He then completed his residency in ophthalmology at the Medical University of South Carolina in Charleston.

Dr. Hayes joined McMinnville Eye Clinic in 2006. He practices comprehensive eye care including cataract surgery as well as medical treatment of glaucoma, diabetic eye disease, dry eyes, macular degeneration and eyelid disorders.

He is board certified by the American Board of Ophthalmology, a member of the American Academy of Ophthalmology and the Oregon Academy of Ophthalmology.

Dr. Hayes lives in McMinnville with his wife and their two children. He enjoys spending time in his garden, traveling eating and many outdoor activities.



**McMINNVILLE  
EYE CLINIC** *Excellence in Eyecare*

235 SE Norton Lane, Suite A, McMinnville Oregon  
www.mcminnvilleeyeclinic.com • 503-472-4688

Michael S. Passo, M.D. • Steven D. Maxfield M.D.  
David J.C. Hayes, M.D. • G. Ryan Berger, M.D.  
Laura C. Burke, M.D. • Amy R. Van Heel, O.D.



**Steven D.  
Maxfield, M.D.**  
OPHTHALMOLOGIST

**McMinnville Eye Clinic**

McMinnvilleEyeClinic.com  
235 SE Norton Ln, Ste A  
McMinnville | 503.472.4688

Dr. Maxfield graduated from Dartmouth Medical School. He then completed his residency in Ophthalmology at the Mayo Clinic in Rochester, Minnesota. Dr. Maxfield practices comprehensive ophthalmology which includes the treatment of cataracts, glaucoma, dry eye syndrome, diabetic retinopathy, macular degeneration, eyelid disorders and corneal disease.

Having grown up in Washington State, Dr. Maxfield was excited to return to the Pacific Northwest and joined the McMinnville Eye Clinic in 2017. He lives in McMinnville with his wife and four young children.

Dr. Maxfield is board certified by the American Board of Ophthalmology and is a member of the Oregon Academy of Ophthalmology.



**Michael S.  
Passo, M.D.**  
OPHTHALMOLOGIST

**McMinnville Eye Clinic**

McMinnvilleEyeClinic.com  
235 SE Norton Ln, Ste A  
McMinnville | 503.472.4688

Dr. Michael Passo graduated with honors from Indiana University Medical School and subsequently completed two years of internal medicine residency there. Dr. Passo then completed his eye residency and glaucoma fellowships from Oregon Health and Science University (OHSU), serving as chief of ophthalmology at the Portland Veterans Administration Medical Center upon graduating. Dr. Passo remains an assistant professor of ophthalmology at OHSU.

Dr. Passo joined the McMinnville Eye Clinic in 1985. At the clinic, he practices comprehensive eye care, providing top-notch care to patients from all over the Yamhill Valley. Dr. Passo offers a full range of eye —and vision— related services, including treatment of glaucoma, macular degeneration and diabetic retinopathy. Dr. Passo is board certified by the American Board of Ophthalmology.

Dr. Passo lives in McMinnville with his wife.



# Let your beauty shine

Find a frame that complements your face shape and personal style while meeting all of your eyewear needs.



**Michael S. Passo, M.D.**  
**David J.C. Hayes, M.D.**  
**G. Ryan Berger, M.D.**  
**Steven Maxfield, M.D.**  
**Laura C. Burke, M.D.**  
**Amy Van Heel, O.D.**

## Physicians' OPTICAL

235 SE Norton Ln.  
 Suite A  
 503.472.3842



[McMinnvilleEyeClinic.com/optical.html](http://McMinnvilleEyeClinic.com/optical.html)



## Physicians' Optical

OPTICIANS

[McMinnvilleEyeClinic.com/optical.html](http://McMinnvilleEyeClinic.com/optical.html)  
 235 SE Norton Ln, Ste A  
 McMinnville | 503.472.3842

For over 50 years, Physicians' Optical has been serving the needs of Yamhill County patients who wear eyeglasses or contact lenses. All Physicians' Optical opticians are certified with the American Board of Opticianry. The staff prides itself on its extensive selection of frames — over 1,200 in stock — and works hard to be able to meet the budget needs of all patients.

Physicians' Optical can fit glasses for all age groups, from infants through senior citizens. In addition, a wide variety of specialty glasses are available including safety, golf, fishing, sport goggles, diving goggles — just about anything a patient could need to participate in any sport. An extensive selection of sunglasses, both standard and prescription, are also featured.

Physicians' Optical provides top-of-the-line education on all eyewear products so that patients are totally satisfied.

Physicians' Optical is conveniently located inside McMinnville Eye Clinic in McMinnville, next to Willamette Valley Medical Center. Hours are Monday through Friday from 8 a.m. to 5 p.m. and on Saturday from 8 a.m. to noon.



## Willamette Valley Hospice & Palliative Care

Expert Care in Our Community

[wvh.org](http://wvh.org) | 503.588.3600

At Willamette Valley Hospice, we are here to support you and your family when facing a serious illness. Our hospice and home palliative care programs help you manage symptoms in your home and get you the care you need. When facing complicated medical decisions, our experienced staff helps you and your family set goals and plan for the future. We walk beside you and your loved ones through every step, providing physical, emotional, and spiritual support.

As the only local, not-for-profit agency for over 40 years, we believe hospice care should be available to everyone. We make sure our patients and their families receive the support they need.

You have a choice of hospice and palliative care providers. Call us directly anytime.



## Jaime Soto

EXECUTIVE CHEF

Vineyard Heights

[vineyardheightsassistedliving.com](http://vineyardheightsassistedliving.com)  
 345 SW Hill Road  
 McMinnville | 503.435.1000

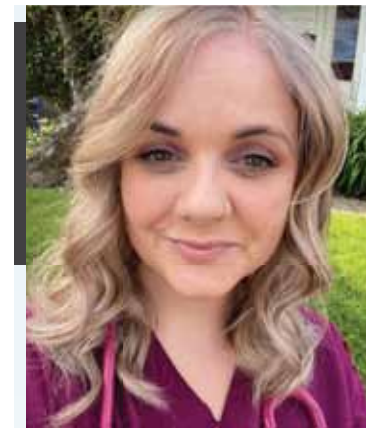
For the last 12 years, Jaime Soto has been providing healthy and delicious meals for all the residents. He enjoys accommodating their special requests and individual dietary needs. He is always open to new entrée ideas, feedback and requests. The compliments he receives are very rewarding.

Soto grew up in Zacatecas, Mexico. He started his career in the culinary industry more than 30 years ago in California, and in 2009 came to Vineyard Heights as executive chef.

In addition to chef-prepared meals, the retirement center offers a wide range of social activities, personal care and access to skilled nursing care. All are designed to increase and maintain residents' quality of life.

Soto enjoys getting to know the people at Vineyard Heights. He wants everyone's dining experience to be something they look forward to and enjoy.

He and his wife, Beth, and their dog, CoCo, call McMinnville home. During their 20 years together, they have raised a family that includes five daughters and one granddaughter, Isabella. When he's not working, he enjoys going to the beach, watching soccer with CoCo, and preparing and cooking authentic Mexican food with the girls.



## Kimberly Baslin, R.N.

HEALTH AND WELLNESS DIRECTOR

Vineyard Heights

[vineyardheightsassistedliving.com](http://vineyardheightsassistedliving.com)  
 345 SW Hill Road  
 McMinnville | 503.435.1000

Kimberly Baslin, R.N., is excited to have joined the McMinnville community as health and wellness director at Vineyard Heights Assisted Living and Retirement Cottages.

She was born and raised in Salem, where she is raising her four children: 16, 12 and 10-year-old twins. When she's not working, Baslin enjoys hiking, yoga, drinking coffee and, of course, spending time with her kids. They go to the beach as often as possible.

Baslin, who became a licensed practical nurse in 2016, has experience in skilled nursing and long-term care. She became a registered nurse in June when she graduated from Linn-Benton Community College. She soon joined Vineyard Heights, which she calls "a tight-knit community."

Baslin is proud to be part of a very strong clinical team, which oversees all the care provided to the assisted living residents who make Vineyard Heights their home. Rounding out the team are Resident Care Coordinator Eva Martinez and Licensed Practical Nurse Lori Gasca, as well as many other workers.

"Our community has embraced the new normal well during this very trying time," Baslin said. "The team has worked tremendously hard to keep the Vineyard Heights community safe from Coronavirus."



Winner of *Best of Mac* for patient plan of care and physical therapy for seven years in a row



## West Hills Physical Therapy LLC

2200 SW Second Street  
 McMinnville  
 503-474-3524

[www.westhillsphysicaltherapy.com](http://www.westhillsphysicaltherapy.com)

**John Martinez, M.S.P.T.**  
 Physical Therapist/Owner

**Kristin Ayers, D.P.T.**  
 Physical Therapist

Most Insurance Accepted • Now Accepting MC/VISA

Manual Therapy • Vertigo & Dizziness

Shoulder Pain • Plantar Fasciitis

Balance Problems

Orthopedic Sports Medicine

Headache Relief • Back and Cervical Injuries

Chronic Neck Pain/ Low Back Pain

3D Traction/ Spinal Decompression





## Dr. Trevor Stauber

OWNER, CHIROPRACTOR

### Northwest Spine and Sport

nwspineandsport.com  
850 SW Booth Bend Rd  
McMinnville | 503-472-2111

Dr. Trevor Stauber's longtime interest in sports medicine, anatomy and human movement led him to a career in chiropractic medicine. At his clinic, Northwest Spine and Sport in McMinnville, Stauber provides patients with high-quality musculoskeletal treatment and oversees the comprehensive management of care.

Stauber enjoys providing patients with a higher level of manual treatment and training than is available in many other places. His clinic doesn't skip vital steps when dealing with problems related to joints and connective tissues. Coupling training with treatment ensures lasting change. His clinic emphasizes enabling and instructing patients so they can effectively produce different types of movements at greater ranges of motion with greater strength and control.

"I feel blessed to own and provide this type of service," he said.

Stauber earned a degree in human biology from Oregon State University, then finished his master's and doctorate degrees in exercise and sports science at the University of Western States.

A member of the American Chiropractic Board of Sports Physicians, he is certified in many special techniques. He also is an associate team physician for Linfield University's athletic program. He lives in McMinnville with his wife, three daughters and "way too many pets."



## Urvi Khare, DC, BS

DOCTOR OF  
CHIROPRACTIC MEDICINE

### Northwest Spine and Sport

nwspineandsport.com  
850 SW Booth Bend Rd  
McMinnville | 503-472-2111

A lifelong interest in sports, dance and yoga led Dr. Urvi Khare to chiropractic medicine, a career that allows her to help others people find joy and healing through movement. As an associate chiropractic doctor at Northwest Spine and Sport, Dr. Khare evaluates and treats patients' musculoskeletal complaints. Today's chiropractic medicine takes a comprehensive approach to healing, and she empowers and guides patients to achieve their goals and become free of pain.

Born in India, Dr. Khare was two years old when she moved to the U.S. with her family. She spent much of her youth in the Chicago suburbs. She earned a bachelor's degree in kinesiology from the University of Illinois in Urbana-Champaign, then another BS in human biology and a doctorate in chiropractic medicine from the University of Western States, Portland. The best part of her job is connecting with people, especially her patients.

Dr. Khare has been active in the American Chiropractic Association. She lobbied for Medicare patients, veterans and their families to have access to chiropractic care.

She is engaged to Dr. David Voigt, her colleague at Northwest Spine and Sport. As a certified yoga and Kinstretch instructor, practicing yoga brings her a sense of calm and peace.



## Silver Falls Dermatology

SilverFallsDerm.com  
375 SE Norton Ln, Ste C,  
McMinnville | 503.362.8385

Since joining the community in 2016, Silver Falls Dermatology has provided McMinnville- area residents with a trusted, comprehensive source for general dermatology and specialized services.

In McMinnville, a team of board certified dermatologists, Mohs surgeons and dermatology-trained nurse practitioners diagnose and treat conditions of the skin, hair and nails. Patients may see a variety of practitioners to diagnose issues such as acne, dermatitis, psoriasis, seborrhea, bacterial and viral infections, herpes, warts, rosacea, eczemas and alopecia. Providers also diagnose and treat benign and malignant skin lesions, including skin cancer.

At Silver Falls Dermatology's Salem location, the extensive staff provides an array of services to complement the care in McMinnville.

- Allergy-Immunology
- Vein Services
- Aesthetics

Silver Falls Dermatology is always accepting new patients and accepts most insurance plans. For more information and to meet our providers, visit [www.silverfallsderm.com](http://www.silverfallsderm.com).



## David Voigt, DC

CHIROPRACTIC PHYSICIAN

### Northwest Spine and Sport

nwspineandsport.com  
850 SW Booth Bend Rd  
McMinnville | 503-472-2111

Chiropractic Physician David Voigt began doing CrossFit workouts as a teen in Hood River. He soon became intrigued by the work of Kelly Starrett, a physical therapist, speaker and author.

Dr. Voigt thought of becoming a physical therapist himself. But his father, a chiropractor, helped him realize chiropractic medicine best fits his views on health and wellness. He completed his undergraduate degree at New York University, then returned to Oregon to attend the University of Western States.

Today, at Northwest Spine and Sport, Dr. Voigt helps people move better, become free of pain and take control of their own musculoskeletal health. Doctors at the clinic are trained in Functional Range Systems, a comprehensive, research-backed system of soft tissue assessment, treatment and rehabilitation.

"Chiropractors treat more than just the neck and back," he said. "We treat every joint in the body. Shoulders, hips, elbows, wrists, hands, knees, ankles and feet!"

The best part of his job is watching patients get better so the can do the things they love pain-free.

Voigt lives in McMinnville with his fiancée, Dr. Urvi Khare, and their dog. He enjoys practicing jiu-jitsu and loves playing the guitar, piano and drums.

# Improving the Lives of Our Patients, one step at a time.



**Our company is locally owned and operated, offering custom-made prosthetic and orthotic solutions since 1979.**



## Compassionate & Knowledgeable Care

"One thing that sets Summit apart from the rest is that their team members truly believe in you.

They make you believe you can do it. I love how they involve the family. They are willing to listen and work with you on whatever you need."

— Dennis Frazier

**Visit us today!**

# 503-474-4434

**345 SE Norton Lane, Ste A, McMinnville**

**Open Mon-Fri, 8AM – 5PM (Closed for lunch 1PM – 2PM)**

Connect with us  
on Facebook!







# Seven ways to move more every day

Many of today’s jobs, hobbies and modes of transportation make it easy to succumb to a sedentary lifestyle. Unfortunately, prolonged periods of inactivity are linked to an increased risk of heart disease, diabetes and obesity. If you find yourself sitting too often, here are seven simple ways to incorporate more movement into your daily routine.

- 1

Sit on a stability ball rather than the couch while you watch TV or play video games.
- 2

Walk around the room while you’re on the phone. For longer calls, consider taking a stroll around the block.
- 3

Listen to audiobooks or podcasts while you use an elliptical machine, stationary bike or treadmill to make your workout more interesting.
- 4

Use a standing desk. Do simple exercises, such as calf raises, while you complete routine tasks like checking your email.
- 5

Time how long it takes you to do an active chore like vacuuming, and then see if you can beat your previous record.
- 6

Take the stairs instead of the elevator. To really get your heart pumping, climb them two steps at a time.
- 7

Do jumping jacks or run in place during the commercial breaks while you watch TV.



## ROCK OF AGES/VALLEY VIEW RETIREMENT VILLAGE


503.472.6212  
15600 SW Rock of Ages Road, McMinnville, OR  
retire@rockofagesvalleyview.com | rockofagesvalleyview.com

**TRANSITIONAL LIFE CARE CLINIC, INC.**  
ADULT PRIMARY CARE  
Located on the campus of Rock of Ages/ Valley View

**NEW PATIENTS WELCOME!**  
For more information or to schedule an appointment, please contact us at  
971-261-6130 • FAX 971-261-6146  
15604 SW Rock of Ages Rd, McMinnville, OR 97128

Rock of Ages/Valley View Retirement Village and Transitional Life Care Clinic, Inc. are both Not-for-profit 501c(3) organizations dedicated to providing personalized care.





### James Nelson, DDS

DENTIST

**Advanced Smile Design**

JamesNelsonDentistry.com  
821 NE Hwy 99W, Ste. B  
McMinnville | 503.472.1159

With a keen understanding of how patients’ dental health can affect their overall health, Dr. James Nelson really gets to know his patients so he can customize dental care to overcome obstacles and meet each patient’s goals. Dr. Nelson’s passion for complex aesthetic cases enables him and his team to help people realize the smiles they most desire.

Dr. Nelson was awarded his dental degree from the Loma Linda University School of Dentistry in Southern California. He is a fellow in the Academy of General Dentistry and actively pursues continuing education, keeping up-to-date on the most current trends and technologies in the dentistry profession.

Dr. Nelson lives in McMinnville with his wife, Wendy. The couple have 12 children, both biological and adopted. When he’s not helping his patients, Dr. Nelson loves hiking and traveling with his wife. He also enjoys fishing when he has time.




## Delivering joy. The Birthing Center

At Willamette Valley Medical Center, we know pregnancy is an incredible experience. Bring your little one into the world in our family-centered Birthing Center. We offer compassionate, personalized care for moms and their babies — before, during and after delivery.

To learn more about our family-centered Birth Center or schedule a tour, visit [WillametteValleyMedical.com](http://WillametteValleyMedical.com) or call 503.435.6400



This facility and its affiliates comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.  
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-503-472-6131.  
CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-503-472-6131.




**BEFORE** **AFTER**

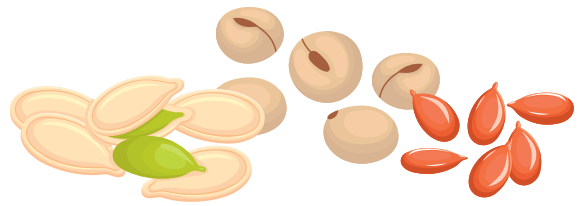
“I expected to jump through a lot of hoops, not so, he made it easy!”  
~Anna Redl

“I am so glad I met Dr. Nelson,” Anna Redl explains after arriving at Dr. Nelson’s practice with orthodontic and gum problems “Yamhill County is lucky to have him in our community.” She didn’t desire to put time and expense into orthodontics but she did desire long term functionality with a beautiful smile. “Dr. Nelson isn’t your average dentist, he is an artist...my transformation has been Day and Night, I couldn’t be happier!” While it was a challenge to achieve perfect, natural looking esthetics without some orthodontics, her end result was a much-improved smile. “I have recommended Dr. Nelson to family and friends and will continue to sing his praises.”

**“Thank you Dr. Nelson!!”**







# Six great sources of plant protein

You need protein to build and repair your muscles, bones, skin and blood. However, not all plant-based proteins are complete proteins, as some of them have only a portion of the nine essential amino acids required by the body. If you want an alternative to animal protein, here are six plant-based foods that provide a significant source.

**1 SEITAN** This popular, low-carb meat alternative is made by kneading wheat flour with water and rinsing away the starch until only gluten protein remains.

**2 LEGUMES** Beans, lentils and peas have high amounts of protein. They're also excellent sources of fiber, minerals and other important nutrients.

**3 SOY PRODUCTS** Soybeans are a versatile legume used to make tofu, tempeh, edamame and soy milk, all of which contain the nine essential amino acids your body needs.

**4 NUTS AND SEEDS** From chia seeds and hemp seeds to walnuts and almond butter, nuts and seeds are a great source of protein, fiber, antioxidants and healthy fats.

**5 GRAINS** Quinoa is the only grain that provides your body with all nine essential amino acids. However, oats, wild rice and millet contain significant amounts of protein. Grains also offer fiber and magnesium.

**6 NUTRITIONAL YEAST** Sold as a powder or in flakes, nutritional yeast has a cheesy flavor. It's also a source of vitamin B12, which helps keep your nerves and blood cells healthy.

**YOUR DAILY DOSE OF PROTEIN** The recommended intake of protein is 0.36 grams per pound of body weight. If you want to eat a healthy, balanced diet, protein should account for 10 to 20 percent of your total daily calories.



## Naturopathic Family Care

Utilizing nutrition, herbs, homeopathy, lifestyle and nature

MEN AND WOMEN OF ALL AGES  
CONCIERGE MEMBERSHIP  
(LIMITED AVAILABILITY)

Functional Medicine • Women's Health Care • Evidence-based Natural Therapy  
Specializing in Gastrointestinal concerns, thyroid, cardiovascular, inflammation and immune system optimizing • Offering individualized programs for detoxification, diets for healing and weight loss

*Dr. Amanda Lynn*

Naturopathic Doctor and Wellness Advisor,  
Speaker on Vitality and Natural Medicine

*Helping you meet your health goals.*



2191 NW 2<sup>ND</sup> ST BLDG #4  
McMINNVILLE • 503-472-5500

[DrAmandaLynn.com](http://DrAmandaLynn.com)



**Todd C. Hyder, D.M.D.**  
DENTIST

Hyder Family Dentistry

[hyderfamilydentistry.com](http://hyderfamilydentistry.com)  
2080 NE Hwy 99W  
McMinnville | 503.472.2445

When Dr. Todd Hyder was attending Villanova University, he met his future wife. Fortunately for both of them, he went on to dental school and she to medical school, both at Temple University. When it came time to set up practices and start a family, both Drs. Hyder decided that Todd's hometown of McMinnville was a perfect fit.

Dr. Hyder provides exceptional dental care for patients of all ages. He is able to do almost every dental procedure in the office, maximizing quality and convenience for his patients. Orthodontics, implants and extractions are routinely performed at the clinic in addition to many other services.

Patient comfort is hugely important to Dr. Hyder. Most of the clinic's procedures can be done without pain. Dr. Hyder and his staff do everything possible to make sure every patient is comfortable and at-ease.

Dr. Hyder and his wife, Ashley, have three children, Laney, Cameron and Addison. When they're not working, they enjoy spending time together with their kids and playing golf when the weather allows.



**Jacob Bushnell, D.D.S.**  
DENTIST

Hyder Family Dentistry

[hyderfamilydentistry.com](http://hyderfamilydentistry.com)  
2080 NE Hwy 99W  
McMinnville | 503.472.2445

A need to work with his hands and a desire to genuinely help people led Jacob Bushnell, DDS to a career in dentistry. As a dentist working side-by-side with Dr. Todd Hyder at McMinnville's Hyder Family Dentistry, Dr. Bushnell takes great pride in the quality of his work — but his real satisfaction comes from seeing his patients smile.

Born and raised in Knappa, Oregon, Dr. Bushnell was awarded his undergraduate degree from Oregon State University before earning his dental degree at the University of the Pacific Arthur A. Dugoni School of Dentistry in San Francisco. Dr. Bushnell is excited to share his passion for optimizing oral health with his patients — he loves the relationships developed as a result of his work.

Dr. Bushnell was recently married to Jessica. In the near future, the couple will be settling down and starting a family in McMinnville. A great fan of Northwest life, Dr. Bushnell enjoys skiing, hunting, ocean fishing and cooking when he's not caring for his patients. He also loves spending time with friends and family.

# CREATING BEAUTIFUL SMILES

## Cosmetic & Family Dentistry



Our entire team is dedicated to providing you with the personalized, gentle care that you deserve.



503-472-2445 • 2080 NE Highway 99W • McMinnville • [hyderfamilydentistry.com](http://hyderfamilydentistry.com)





**Annie Govig, D.P.T.**  
DOCTOR OF PHYSICAL THERAPY

Andrew Physical Therapy  
Orthopedic & Sports Rehab

AndrewPT.com  
2025 NE Baker Street, Suite A  
McMinnville | 503.435.1900

Annie was born and raised in Sherwood, Oregon and has returned to the pacific northwest after earning her doctorate in physical therapy at Regis University in Denver, Colorado.

Prior to graduate school, Annie attended Oregon State University as a student-athlete; earning a degree in kinesiology while playing for the women's soccer team. Her time at Regis only continued to reinforce and further develop a set of core values originally established through sport: teamwork, open communication, dedication to excellence, and care for the whole person.

In her spare time, Annie enjoys spending time outdoors with friends and family and has found a new passion for trail running. She continues to play soccer in local indoor leagues, and is happy to still participate in the sport she loves.



**John Andrew, D.P.T.**  
DOCTOR OF PHYSICAL THERAPY  
CERTIFIED M.D.T., C.S.C.S.

Andrew Physical Therapy  
Orthopedic & Sports Rehab

AndrewPT.com  
2025 NE Baker Street, Suite A  
McMinnville | 503.435.1900

When John Andrew, DPT, Cert. MDT, CSCS launched Andrew Physical Therapy, he wanted to provide a place where science, education and caring came together to give his patients genuine relief from pain. Today, John's cheerful outlook and positive can-do attitude permeate the clinic. His passion for helping his patients lessen their pain and return to their favorite activities is evident in the way his clinic functions. John emphasizes a hands-on approach and encourages patient education.

John holds a master's degree and a Doctor of Physical Therapy (DPT) from the University of North Dakota School of Medicine and Health Sciences. He was awarded his Certified Specialist in Conditioning & Strengthening (CSCS) in 1997. In 2011 John completed his training with the McKenzie Spine Institute, becoming the first Certified McKenzie Spine practitioner in McMinnville. As a certified practitioner in mechanical diagnosis and therapy, John is trained to help find a solution to musculoskeletal problems, especially as they relate to the spine.

John lives in McMinnville with his wife and daughters. In his spare time, he enjoys hiking, bicycling, weight training, surfing, stand-up paddle boarding and spending time with his family.



**John Kennedy, D.P.T.**  
DOCTOR OF PHYSICAL THERAPY  
CERTIFIED M.D.T., C.S.C.S.

Andrew Physical Therapy  
Orthopedic & Sports Rehab

AndrewPT.com  
2025 NE Baker Street, Suite A  
McMinnville | 503.435.1900

Driven by a sense of fulfillment when helping others, John has done just that. While training as a US Navy Rescue Swimmer he suffered an injury inspiring him to pursue physical therapy. After leaving the Navy he returned to his hometown in Nashville, Tennessee, and became a personal trainer in 2005. He worked hard to be successful and opened a CrossFit gym in 2011. After six years, John sold his gym and returned to school to finally become a Physical Therapist.

John is passionate about helping others return to an active life after injury. He believes rehabilitation should be fun and leave the patient with a sense of accomplishment. John's schooling and life experiences help him understand the struggles experienced both mentally and physically with rehabilitation. John has an undergraduate degree in Psychology, Master's in Exercise Science and Sport Psychology, and Doctorate in Physical Therapy. He is also a Certified Sports and Conditioning Specialist and USA Weightlifting coach.

John now is forming roots in McMinnville with his wife, son, and a bossy Australian Shepherd. The past year he and his family spent in an RV traveling 23 different U.S states. His favorite places were the Grand Canyon in winter, Mt. Rushmore, and the Rocky Mountains. Now, he and his family are exploring all the PNW has to offer!



**Jordan Visser, D.P.T.**  
DOCTOR OF PHYSICAL THERAPY

Andrew Physical Therapy  
Orthopedic & Sports Rehab

AndrewPT.com  
2025 NE Baker Street, Suite A  
McMinnville | 503.435.1900

When he was a teenager, Jordan Visser suffered a knee injury while playing high school basketball. Passionate about sports and physical fitness, Jordan hated being sidelined and was grateful when treatment by his physical therapist got him back in the game. Little did he know his own success would launch his adult career path.

As a physical therapist at McMinnville's Andrew Physical Therapy, Jordan is passionate about getting his patients back into their own games, whether it's sports, outdoor recreation or just day-to-day living. Born in Anchorage, Alaska, Jordan earned his undergraduate degree and Doctor of Physical Therapy from George Fox University. Jordan loves the work ethic evident in the Yamhill Valley and enjoys helping his patients feel better and perform their best.

Jordan lives in Newberg with his wife and children. When he isn't busy helping his patients regain their strength, Jordan enjoys Pacific Northwest outdoor activities like hiking and backpacking.



**& Motivation  
Inspiration**  
TO GET BACK TO THE ACTIVITIES YOU LOVE



**We Offer and Help With:**

- Back Care & Rehabilitation
- Sports & Orthopedic Injuries
- Fitness & Exercise Programs
- Joint Replacement Rehab (i.e. knee, hip & shoulder)
- Shoulder/Rotator Cuff Rehab
- Vertigo Rehab
- Work-Related Injuries
- Neck Pain/Headaches



John Kennedy, DPT



Nathan Lucherini, DPT



Aaron Slabach, DPT



Jordan Visser, DPT



Annie Govig, DPT



John Andrew, DPT



Matthew Lund, DPT



Don Bailey, PTA



Tani Mollahan, PTA



Jared Russell, PTA

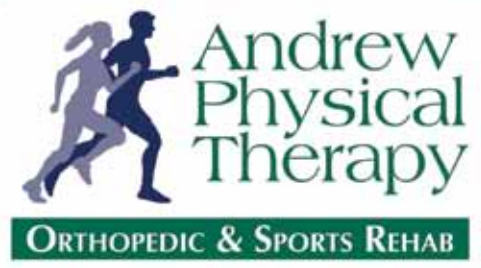


Elizebeth Mollers, PTA

Preferred provider  
for most insurance

Doctor referral  
not required

New patients welcome



**www.AndrewPT.com**

Open M–F 6AM–6PM  
Saturday Appointments Available

2025 NW Baker St, Ste A  
503-435-1900

2435 NE Cumulus Ave, Ste D  
503-857-0897





**Thomas Kolodge**  
D.D.S., M.D.  
ORAL & MAXILLOFACIAL SURGEON

Mountain View Oral Surgery  
& Dental Implants

MVOralSurgery.com  
1046 NE 3rd St  
McMinnville | 503.472.1468

Thomas Kolodge, D.D.S., M.D. was raised in Beaverton and graduated from Aloha High School. Dr. Kolodge earned a degree in Biology from George Fox University while on a soccer scholarship. He then attended the New York University School of Dentistry. Dr. Kolodge went on to complete medical school and residency in oral and maxillofacial surgery at the University of Nebraska Medical Center.

Dr. Kolodge first decided to pursue oral surgery in 1998, after observing Dr. Johnson while an undergraduate at George Fox. A special friendship was formed and after completing dental school, medical school and his residency, the two launched Mountain View Oral Surgery. Dr. Kolodge is a member of numerous physicians' and dentists' associations and maintains privileges at Providence Newberg Medical Center.

In his spare time, Dr. Kolodge enjoys adventuring with his wife, Sarah, and their two sons. Anywhere from the mountains to the beach, they love to spend their days outside. When not exploring, he loves to play golf and sing for his beloved Portland Timbers.



**Marvin Johnson**  
D.M.D.  
ORAL & MAXILLOFACIAL SURGEON

Mountain View Oral Surgery  
& Dental Implants

MVOralSurgery.com  
1046 NE 3rd St  
McMinnville | 503.472.1468

Marvin Johnson, D.M.D. was raised in the small town of Riddle, Oregon where he attended Riddle High School and drove fast cars and motorcycles. Dr. Johnson continued his education at Portland State University where he majored in biology and had an interest in invertebrate zoology.

After completing dental school at Oregon Health & Science University, Dr. Johnson practiced as a general dentist for two years until returning to an oral and maxillofacial surgery residency at the University of Pennsylvania. Dr. Johnson is a member of the American Association of Oral and Maxillofacial Surgeons, the American Dental Association, the Oregon Dental Association, the Alpha Omega Study Club, the Yamhill County Dental Society and maintains privileges at Willamette Valley Medical Center.

Outside of work, Dr. Johnson enjoys time with his family. He and his wife, Julie, have two sons. Dr. Johnson has a passion for music — specifically blues guitar. He also enjoys fast motorcycles and Christian philosophy.



**Nicholas Barber, M.D.**  
ONCOLOGY, HEMATOLOGY

Oregon Oncology Specialists  
in McMinnville

oregononcologyspecialists.com  
2700 SE Stratus Ave, Suite A  
McMinnville | 503.435.6590

Dr Nicholas Barber is committed to providing excellent and evidence-based care to his patients. He focuses on bringing together the very best treatment options with compassion and respect for each patient.

Dr Barber grew up in Nebraska where he received his engineering and medical degrees at the University of Nebraska. After graduating medical school, he completed his residency in Portland. His passion for science and caring for people ultimately led him to pursue oncology and hematology. During his fellowship at the University of Nebraska Medical Center he was mentored and inspired by some of the most renowned leaders in the field.

He is a member of both the American Society of Clinical Oncology and the American Society of Hematology.

He met his wife, a native Oregonian, during medical school and they ultimately decided to put down roots in the Northwest. When not working hard taking care of his patients, Dr Barber is busy spending time with his wife and four young children. He also enjoys songwriting and exploring the outdoors with his family.



**Catherine O'Brien, M.D.**  
ONCOLOGY, HEMATOLOGY

Oregon Oncology Specialists  
in McMinnville

oregononcologyspecialists.com  
2700 SE Stratus Ave, Suite A  
McMinnville | 503.435.6590

Catherine O'Brien, M.D. believes having a personal connection with her patients and their families allows her to provide the best treatment possible. Working in a collaborative fashion, Dr. O'Brien develops treatment plans tailored to each patient's specific illness, working to guide them through their journeys with compassion.

Dr. O'Brien grew up in Northern California, earning a degree in Managerial Economics from the University of California, Davis. While at UC Davis, Dr. O'Brien received the Ernest M. Gold Award for Excellence in Internal Medicine. She completed her residency at the UC Davis Medical Center, followed by a fellowship at Oregon Health & Science University. Dr. O'Brien is a member of the American Society of Clinical Oncology, the American Society of Hematology and serves on the board of directors for Willamette Valley Medical Center.

Dr. O'Brien enjoys cooking, hiking, photography and traveling. But her patients are never far from her mind—more than anything, Dr. O'Brien is honored and privileged to know and serve her patients and their families.

## Comparing coughs: dry vs wet



Coughing is your body's typical response to irritation or inflammation in your airways. However, the specific cause and proper treatment of a cough depends on whether it's dry or wet.

### A DRY COUGH

This type of cough is often caused by allergens, asthma, sinusitis or smoke inhalation. A dry cough, which doesn't bring up phlegm, is triggered by a tickling sensation at the back of the throat.

An ideal way to sooth this irritation is by taking dextromethorphan (DM), a cough suppressant typically sold as a syrup or lozenge. It should be noted, however, that this over-the-counter medication can negatively interact with certain prescription drugs and cause side effects including drowsiness. Therefore, you should always consult a pharmacist before you take it.

### A WET COUGH

This type of cough is characterized by the production of phlegm. Often a symptom of a viral infection such as the flu, a wet cough can be accompanied by fatigue, fever and a runny nose.

Since a wet cough indicates that your body is trying to expel an infectious agent, it's best to avoid medication that suppresses coughing. In certain cases, an expectorant syrup or mucolytic can prove beneficial. However, drinking plenty of water will also loosen and thin out the phlegm.

Regardless of whether you have a dry or wet cough, it's best to speak with your doctor if it persists for more than two weeks.

## Your Health. Our Heroes.

**Don't let bone or joint issues hold you back.**

If bone or joint pain is limiting your activities or exercise routine, don't wait to get the healthcare you need.

From sprains and broken bones to joint reconstructions and treatments for hips, knees and shoulders, we can customize a solution that fits your needs and lifestyle.

If you have bone or joint pain, take our free joint pain assessment, and learn about treatment options.

Visit  
**WillametteValleyMedical.com**  
or call 503.435.6571



**The Joint Replacement Institute**  
MCMINNVILLE, OREGON

This facility and its affiliates comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.  
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-503-472-6131.  
CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-503-472-6131.





## Transitional Life Care Clinic, Inc.

ADULT PRIMARY CARE

**Rock of Ages Valley View Retirement Village**

15604 SW Rock of Ages Road, McMinnville  
Phone: 971.261.6130 | Fax: 971.261.6146

Transitional Life Care Clinic, Inc. is an adult primary care clinic located on the beautiful campus of Rock of Ages/Valley View Retirement Village. We are dedicated to providing our patients compassionate and personalized care.

Our board-certified, Adult Nurse Practitioner Kim Martinez was born and raised in Northeast Washington. She completed her Bachelor of Science in Nursing through Washington State University Intercollegiate Center for Nursing Education. She also attended the University of Portland, where she earned her Master of Science. She has been practicing in McMinnville for over 20 years.

Kim and her husband, John, a local physical therapist, have four children. They are very involved in their children's activities, their church, and volunteering in the community. When time allows, Kim enjoys being outdoors, gardening, canning, and relaxing with a good book.

For more information or to schedule a new patient appointment, call 971-261-6130.

Transitional Life Care Clinic, Inc. and Rock of Ages/Valley View Retirement Village are both not-for-profit 501c(3) organizations.

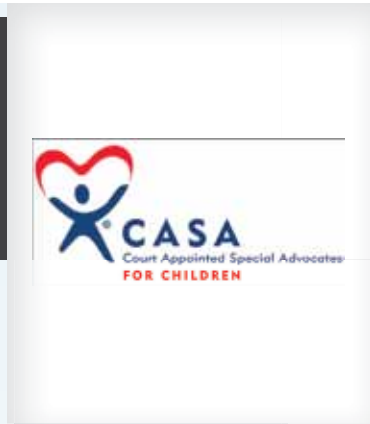
## Keep Your Beautiful Smile

Shop, Compare & Save!  
**Standard Upper or Lower**  
Dentures ..... \$950 ea.  
Partials..... \$1,150 ea.  
Relines..... \$250 ea.

**McMinnville Denture Center**  
**Serving the Yamhill Valley for 40 Years!**  
HOURS: M/W/F 10am–5pm • [www.mcminnvilledentures.com](http://www.mcminnvilledentures.com)  
145 E. Third Street, McMinnville • 503.472.0990



**Jon Stout**  
Licensed Denturist  
  
Repairs  
Free Consultation



## CASA

ADVOCATING FOR THE CHILDREN

**Yamhill County CASA**

yccasa.org  
638 NE 5th Street  
McMinnville | 503.434.6668

The Yamhill County Court Appointed Special Advocate (CASA) program is made up of volunteer advocates. These dedicated people serve as unbiased and fierce protectors of abused or neglected children going through the trauma of the court and foster care system.

Children with a CASA have better outcomes. On average, they spend less time in foster care, have better educational success and are less likely to re-enter the system.

CASA volunteers are granted tremendous authority by the court — they're able to do what it takes to see that a child is not ignored, that a child's best interests are served and that the judge is able to understand the true facts of a child's condition in an over-burdened child welfare system.

There are many ways to volunteer with Yamhill County CASA. The organization is always looking for community members to serve as advocates, board members and in non-advocating positions such as event help. Learn more at [www.yccasa.org](http://www.yccasa.org) or call 503-434-6668. You can make a difference!

# CHANGING THE MINDSET OF CHIROPRACTIC CARE

TREATMENT | TRAINING | MASSAGE | CLASSES

## NORTHWEST SPINE AND SPORT

LEARN MORE AT  
**NWSPINEANDSPORT.COM**

850 SW BOOTH BEND RD. | MCMINNVILLE | (503) 472-2111 |





# What you need to know about gingivitis

As many as 70 percent of American adults will develop gum disease over the course of their lifetime. The most common type, however, is gingivitis. Here’s what you should know about it.

## Causes

Gingivitis is caused by a buildup of plaque on your teeth and gums. This sticky film is filled with bacteria that can irritate your gums and make them red, inflamed and susceptible to bleeding.

The most common causes of excess plaque are poor oral hygiene and tobacco use. However, there are other risk factors including stress, hormonal changes and taking certain medications. There’s also a known link between oral health and heart health.

## Symptoms

Indicators of gingivitis include the following:

- Tenderness
- Swollen, red or purple gums
- Bleeding when brushing or flossing
- Bad breath
- Receding gums

## Treatments

When caught early, gingivitis can be reversed with a thorough professional cleaning and proper oral hygiene, including regular brushing and flossing. Sometimes, however, a more aggressive treatment is required to remove all traces of plaque.

If left untreated, gingivitis can develop into periodontitis, which can lead to irreversible damage to the gums, teeth and jawbone.

Overall, prevention rather than treatment is the better approach when it comes to gum disease. The best strategy is to brush and floss daily, visit the dentist twice a year and change your toothbrush every three months.



**John Martinez**  
PHYSICAL THERAPIST

### West Hills Physical Therapy

westhillsphysicaltherapy.com  
2200 SW 2nd St.  
McMinnville | 503.474.3524

John Martinez has always had a love for science and exercise. So it only seemed natural that he’d combine those two interests and pursue physical therapy as a profession.

Martinez is owner of West Hills Physical Therapy and enjoys the challenge of rehabilitation and the positive effect it can have on the quality of his patients’ lives. He uses a variety of techniques such as mobilization, traction and exercise to alleviate their problems.

A graduate of Washington State University with a bachelor of arts in business administration, he went on to graduate from Pacific University with a master’s degree in physical therapy.

John and his wife, Kim, a nurse practitioner, have four children – Katie 19, Ryan 17, Maria 15, and Molly 13.

John is a member of the Sunrise Rotary in McMinnville and takes pride in being a part of community service projects with his children. West Hills Physical Therapy has been the recipient of the Best of Mac award for the last seven years.



**Lisa Sears**  
ADMINISTRATOR/MANAGER

### United Homecare Services

homecarepartner.org  
1275 NW Adams Street  
McMinnville | 503.472.9491

Lisa Sears has been an advocate for quality in-home care for elders for the past two decades. While caring for her elderly grandmother in 1997, she became passionate about training and equipping caregivers to assist with activities of daily living, like bathing, dressing, eating and transferring. Lisa now manages an in-home care agency. Lisa refers to her work with United Homecare Services as her “dream job” because she enjoys watching clients regain strength and independence, while providing caregivers with the knowledge and skills they need to be effective helpers.

Families in Yamhill County, Lisa observes, tend to be close-knit. Since non-paid family members provide 80-90 percent of all caregiving, this is a real strength for elders living in this geographic area. Families need resources, like United Homecare Services, to make long-term caregiving sustainable, and allowing family members to enjoy their primary role as a son, daughter, husband or wife.

When asked where she sees herself in 20 years Lisa replied, “I still hope to be working in this field helping as many people as possible remain at home as long as possible.”

Having lived in Oregon for 32 years, Lisa is a new resident of McMinnville. She is raising her family with her husband, Josh. When not working Lisa enjoys crafting, going to events with her family, and discovering her new community of McMinnville.



**Dermatology  
and Mohs surgery,  
right here in McMinnville.**

**Appointments, 503.362.8385  
375 SE Norton Lane, Suite C  
silverfallsderm.com**





# Avoid dry skin caused by frequent hand washing

## OPT FOR SOAP RATHER THAN HAND SANITIZER.

The Centers for Disease Control and Prevention recommends using hand sanitizer with at least 60 percent alcohol. However, these products tend to be more harsh on your skin. They also don't kill all types of germs or effectively clean visibly dirty hands. Instead, use a natural soap made with olive oil, cocoa butter or other plant-based oil.

## APPLY MOISTURIZING CREAM AFTER EVERY WASH.

If your hands are dry, the American Academy of Dermatology recommends using an oil-based emollient hand cream (rather than lotion) to soothe your skin and lock in moisture. Avoid products that contain retinol, fragrances and other irritants.

**IN ADDITION TO REDUCING DRYNESS AND DISCOMFORT,** keeping your hands moisturized can help prevent infections that you'd be more susceptible to with cracked skin. If you have eczema, psoriasis or another condition that's exacerbated by frequent hand washing, consult a pharmacist or dermatologist for personalized treatment recommendations. Ask your doctor about possible soap allergens that could also be causing issues.

One of the most effective ways to prevent the spread of COVID-19 is to regularly wash your hands. However, frequent exposure to soap and water strips the natural, protective oils from your skin, leaving it dry and cracked. Here are a few tips to help you keep your hands clean and moisturized.

## The Provoking Hope Project

### The mission of our project:

Provide a safe, sober and supportive environment, to the residents of Oregon's Willamette Valley, to help those struggling with addictions to transition onto the path of recovery.

### All services are free of charge

Relapse Prevention | Housing Assistance | Transportation to Appointments  
Substance Abuse Education | Support Groups

*Provoking  
Hope*

971.261.2259 | Fax: 503.883.9647  
ProvokingHope.com



## Therapeutic Associates Ability Physical Therapy

THE TREATMENT YOU NEED,  
THE CARE YOU DESERVE

### Therapeutic Associates Ability PT

TherapeuticAssociates.com/AbilityPT  
2191 NW 2nd St.  
McMinnville | 503.434.9594

Therapeutic Associates Ability Physical Therapy's mission is to optimize the health and well-being of our community through holistic, evidence based therapy. We offer exceptional one-on-one care with highly educated specialists in orthopedics, manual therapy, pregnancy and postpartum care, and pelvic health. Our services also include aquatic therapy (we have a pool on-site), ASTYM, vestibular rehabilitation, industrial rehabilitation and return-to-sport and injury-prevention programs. We treat the entire lifespan and are committed to being a valuable member of your healthcare team.

Conveniently located on the corner of NW 2nd Street and NW Hill Road, it is our goal to provide comprehensive physical therapy care to our growing community. We are committed to focusing on the cause of your condition, not just the symptoms, and are dedicated to helping you better understand your condition and the expectations of your rehabilitation journey.

We are an active, friendly and compassionate team of individuals who are genuinely committed to your path to recovery. We truly believe movement is the best medicine, and we are committed to helping you reach your goals, one day at a time.

Our clinic hours are from 7 a.m. to 7 p.m. Monday through Thursday, and 7 a.m. to 6 p.m. on Friday. For more information, visit [TherapeuticAssociates.com/AbilityPT](https://TherapeuticAssociates.com/AbilityPT).



## John Stout

LICENSED DENTURIST

### McMinnville Denture Center

[mcminnvilledentures.com](https://mcminnvilledentures.com)  
145 E 3rd Street  
McMinnville | 503.472.0990

McMinnville Denture Center is a full service denture clinic which has been serving the community for 40 years. Jon Stout, a Licensed Denturist, provides a full range of services including: Denture Repairs and Relines, Partial and Complete Dentures (Repairs and Fabrication), and Dentures over Implants. Jon works closely with dentists and oral surgeons to provide long-term solutions for the best results when wearing removable dentures.

At McMinnville Denture Center we take the time to get to know each of our clients and to assess their individual needs. We use the latest technology to make sure that all of our clients get the very best denture products and services available today. The onsite lab enables us to perform most denture repairs while you wait. Because dentures are fabricated in office we are able to provide efficient and very affordable pricing. Our initial consultations are free and we will give you an estimate on all work recommended. You do not require a dentist referral to visit us.

If your dentures need repairing or you're thinking about getting new dentures, give us a call now at 503-472-0990 and book your free consultation now. Visa, debit cards, and insurance claims accepted. We look forward to serving you!

## EMERGENCIES HAPPEN. DON'T DELAY YOUR CARE.

We are taking the extra steps to ensure a safe environment when you come for care—including your emergencies. Our team of healthcare heroes is here for you today and always. Here are a few of the steps we are taking:



### Enhanced Cleaning And Stocked With Supplies

Our team performs extensive disinfecting procedures throughout the day, and we are constantly monitoring supplies and staffing to make sure we have what we need to care for you.



### Face Mask Requirement

We require everyone who walks into our facility to wear a mask. And all our staff wear masks, for your protection and theirs.



### Safe Social Distancing

Areas such as waiting rooms have been adjusted for six-foot social distancing.



### Ready For You

Our Emergency Department is providing the full range of healthcare services it has always provided 24/7. Always call 911 if you or a loved one experience a medical emergency.

Learn more about the safety steps we've taken at  
**[WillametteValleyMedical.com](https://WillametteValleyMedical.com)**



This facility and its affiliates comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.  
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-503-472-6131.  
CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-503-472-6131.



## Improving the Lives of Our Patients, one step at a time.



Our company is locally owned and operated, offering custom-made prosthetic and orthotic solutions since 1979.

### Compassionate & Knowledgeable Care

"One thing that sets Summit apart from the rest is that their team members truly believe in you.

They make you believe you can do it. I love how they involve the family. They are willing to listen and work with you on whatever you need."

— Dennis Frazier

Visit us today!

**503-474-4434**

345 SE Norton Lane, Ste A, McMinnville

Open Mon-Fri, 8AM – 5PM (Closed for lunch 1PM – 2PM)

Connect with us on Facebook!



**Amy Wark, D.M.D.**

DENTIST

#### Wark Dental Group

amywarkdmd.com  
2177 NW 2nd St  
McMinnville | 503.472.2125

Amy Wark, DMD, is a graduate of McMinnville High School, where she was a three-sport athlete and recent inductee to the McMinnville High School Sports Hall of Fame. She did her undergraduate studies in biology while playing varsity basketball at Whitworth College in Spokane, Washington. She graduated magna cum laude in 1995 and headed to Portland to attend the School of Dentistry at Oregon Health Sciences University. Upon finishing her studies at OHSU in 1999, Dr. Wark completed a one-year residency in general dentistry while serving with the Air Force in Dayton, Ohio. It was there that she rounded out her education by learning specialized surgical procedures involving extractions and gingival health. Dr. Wark spent the remainder of her military career in England, and then returned home to join and eventually buy her father's practice. Dr. Wark and her husband, who also manages the practice, spend their free time playing golf and enjoying their three children's activities which include them coaching their kids' basketball teams. They have also taken up pickleball.



**Brian Bollwitt, D.M.D.**

DENTIST

#### Wark Dental Group

amywarkdmd.com  
2177 NW 2nd St  
McMinnville | 503.472.2125

Brian Bollwitt, DMD is a graduate of Oregon Health and Science University. He earned advanced education in General Dentistry from Idaho State University in Meridian, ID. While his father is also a dentist, his love of dentistry wasn't sparked until he worked with his dad for a summer while he was in college.

Dr. Bollwitt has experience with full-mouth and cosmetic rehabilitation, oral surgery, and periodontal surgery, to name a few. He is excited to be part of a profession that allows him to meet people from the community and develop solid relationships with them over time. He played baseball at Lewis-Clark State College as an undergraduate and earned the OHSU American College of Prosthodontics award in 2014. When he's not in the office, he enjoys being active; he likes to hike, ski, mountain climb and travel with his wife Jordan and dog Cora.



## Be aware of potential poisons in your home

There are numerous household products, some of which might seem harmless, that can poison a child if your back is turned. Here are some everyday items that are toxic.

### CLEANING PRODUCTS

Bleach, drain cleaners and other household cleaning products should be locked away in a cabinet. Dishwasher and laundry detergent pods are particularly attractive to young children because they look like candy. Unfortunately, if these pods burst, the toxic liquid can get in the child's eyes, throat and lungs.

### MEDICINES

If swallowed by a child, prescription drugs and pills used to treat fevers and headaches, such as acetaminophen and ibuprofen, can cause symptoms of overdose and trigger organ failure. Never leave medication lying around on a bedside table, bathroom counter or anywhere else a child could find it.

### PERSONAL CARE PRODUCTS

Many beauty and personal hygiene products can be dangerous if swallowed, inhaled or splashed on the skin or in the eyes. These include products like antiperspirant, toothpaste, nail polish remover, mouthwash, body lotions and perfumes.

### PLANTS

Some types of common houseplants are poisonous including poinsettia, cyclamen, peace lilies, caladium and English ivy. Identify the species in your home and move toxic plants out of reach or give them away.

## your health matters.

Salem Health Hospitals and Clinics offers programs and services in Polk County to meet your family's health needs, close to home.



### West Valley Hospital

525 SE Washington St., Dallas  
503-623-8301

- Anticoagulation
- Cardiopulmonary
- Emergency
- Imaging
- Infusion and wound care
- Laboratory
- Rehabilitation
- Skilled nursing care
- Surgery

### Medical Clinics

**Dallas**

**Primary care**  
641 Miller Ave.  
503-623-2345

1000 SE Uglow Ave.  
503-623-8376

**Specialty Clinic**  
591 SE Clay St.  
503-831-0784

For COVID-19 symptoms,  
please call 503-814-0099.

[salemhealth.org/westvalley](https://salemhealth.org/westvalley)

**Monmouth**

**Primary care**  
512 Main St., Suite 300  
503-838-1182

• Laboratory  
503-814-8345

• Rehabilitation  
503-838-1388

**Independence  
Central Health and  
Wellness Center**

1601 Monmouth St.,  
Suite 100  
503-838-0045

- Family medicine
- Immunizations
- Routine laboratory tests
- Sports physicals
- Treatment of illness and injuries
- Well-child checks



**Salem Health®**  
Hospitals & Clinics





# Aging and eye health

As people age, the risk for developing eye health problems increases. Left untreated, these can lead to low vision or blindness. Here are the most common eyes issues and how to recognize them.

## AGE-RELATED MACULAR DEGENERATION (AMD)

Common in people over 60, this disease results in the destruction of the macula, the part of the eye responsible for providing sharp central vision. Early symptoms of it are likely to be blurry vision, seeing straight lines as wavy or distorted and increased sensitivity to glare.

## CATARACT

This medical condition leads to clouding of the eye lens and is common in older people and those with diabetes. Early symptoms include perceiving colors as duller, having blurry vision, seeing halos around lights and experiencing difficulty with night vision. Surgical intervention is needed to remove cataracts and restore visual function.

## DIABETIC RETINOPATHY

This condition results from damage to the blood vessels in the retina and typically affects both eyes. It's a known risk for people

with diabetes. However, it also occurs in those with blood sugar levels not high enough for diabetes but high enough to cause problems, a condition known as prediabetes. Symptoms of diabetic retinopathy vary widely and regular exams are the best way to screen for it.

## GLAUCOMA

Glaucoma refers to a group of diseases caused by increased fluid pressure in the eye. This damages the optic nerve and leads to gradual vision loss. While eye pain can be an early indicator, the fact is many forms don't cause symptoms. Regular screening exams are therefore recommended.

Early diagnosis is key when it comes to effectively treating eye conditions that can impair vision. Instead of waiting for symptoms to appear, it's best to schedule regular eye exams every one to two years.



## Candy Smith-Kimani

LNHA  
EXECUTIVE DIRECTOR

### Life Care Center of McMinnville

lcca.com/locations/or/McMinnville  
1309 NE 27th Street, McMinnville  
candy\_smith-kimani@lcca.co | 503.472.4678

Candy Smith-Kimani, Life Care Center of McMinnville's new executive director, grew up in Northern Nevada dreaming of helping people by becoming a nurse. To realize her dream, she joined the US Army. She trained and worked as a nurse and field medic, and was educated at the University of Maryland, Baltimore County.

While stationed at Walter Reed Army Medical Center in the Washington, D.C. metropolitan area, she cared for both active duty service members and veterans. She realized she wanted to work with older adults after leaving the service, as well. She found the perfect place to do that when she joined Life Care Center of McMinnville.

She oversees skilled nursing, long-term care and rehabilitation services, including both inpatient and outpatient therapies and post-operative recovery. Life Care's therapists and nurses create care plans for residents and patients, focusing on their individual goals and needs.

Smith-Kimani says her work at Life Care Center is never boring. She loves getting to know all of the residents as well as the team of employees. They become a family, she says.

She is enjoying living in McMinnville, too. During her spare time, she loves outdoor activities, including running.



## Kansas Guthrie

ADMISSIONS  
MARKETING DIRECTOR

### Life Care Center of McMinnville

lcca.com | Kansas\_guthrie@lcca.com  
1309 NE 27th Street  
McMinnville | 503.550.4790

Kansas Guthrie lost her grandfather five years ago. In his final weeks, she saw how compassionate the caregivers were at his assisted living facility. She wanted to help provide that caring environment for others. She's doing that now as marketing director of Life Care Center of McMinnville.

She handles referrals and admissions, and loves working with the patients and clients at the care facility. Listening to elderly people, she said, she sees the light in their eyes, hears the excitement in their voices and feels their gratitude at having someone to speak with.

Born in Pocatello, Idaho, and raised in Twin Falls, she earned a degree in human resources training and development. She was nominated for the title Business Woman of the Year in 2019 in Twin Falls.

She moved to Oregon this fall with her husband and their youngest child, Steinbeck. Her two oldest, Aspen, 22, and Brooke, 20, still live in Idaho.

She can't wait to visit the many wineries in the Willamette Valley. She also enjoys reading, painting, drawing, traveling, shopping and spending time with her kids. A baseball fan, she especially enjoys watching the game when the San Francisco Giants, her favorite team, are playing.

## Three out of five children in foster care have a CASA.



## ALL OF THEM DESERVE ONE.

## THEY NEED YOUR HELP.

Visit [yccasa.org](http://yccasa.org) or call (503) 434-6668 to get involved!



**CASA**  
Court Appointed Special Advocates  
FOR CHILDREN

638 NE 5th Street  
McMinnville, OR 97128  
(503) 434-6668

[yccasa.org](http://yccasa.org)



Call us today! 503.472.1468



### DENTAL IMPLANTS

There has never been a better way to replace a tooth!



### ORAL SURGERY & IN-OFFICE ANESTHESIA

Anxious patients simply sleep through procedures.




### WISDOM TEETH EXTRACTIONS

We have two locations to better serve Yamhill County.

1046 NE 3rd St • McMinnville | 3100 Haworth Ave • Newberg | [www.MVOralSurgery.com](http://www.MVOralSurgery.com)





## Provoking Hope

NON-PROFIT RECOVERY SUPPORT SERVICES

Provoking Hope


provokinghope.com  
McMinnville | 971.261.2259

In a world where negativity is commonplace, one local organization has taken the lead to combat anger, depression, suicide, poverty, addiction and abuse. Provoking Hope's mission statement is to provide a safe and sober environment and team to transition an individual onto a successful path of recovery.

Founded in 2011, Provoking Hope employs about 40 people committed to helping others. They also offer their O.N.E. Program, which is a one-for-one exchange of needles provided by Provoking Hope's Certified Recovery Mentors (CRMs). Provoking Hope's vision with the program is to create a rapport with their peers conducive to aid the road to beginning recovery services while also doing their part to aid in decreasing the spread of infectious diseases.

Each CRM has been successful in their own recovery and specializes in a distinct area of addiction. They also participate in ongoing education specific to his or her specialty. Best of all, Provoking Hope is available to everyone. There are no dues or fees and all services are provided.

Provoking Hope's primary focus is addiction/recovery support, but the organization assists clients in other ways like meeting basic needs. They offer classes such as responsible parenting programs and partner with first responders for overdose calls needing Narcan. Whether you need assistance or would like to help out, reach out to Provoking Hope.



## Dr. Amanda Lynn Hoffman

N.D., NATUROPATHIC PHYSICIAN

Calypso Natural Clinic

calypsonaturalclinic.com  
2191 NE 2nd St., Bldg. 4  
McMinnville | 503.472.5500

Her own history with chronic disease, coupled with extensive studies, led Dr. Amanda Lynn Hoffman, N.D., to a career as a naturopathic physician. With understanding and empathy, Dr. Amanda Lynn puts a focus on prevention and wellness. She loves helping patients restore their health and empower them with knowledge to keep themselves healthy.

Dr. Amanda Lynn has studied herbalism, body work, intuitive energy work, nutrition, biology and botany. A primary care provider for 10 years, she uses her expertise in vitality, gastrointestinal issues, hormones, immunity and connective tissue issues as she works with mothers and other women, as well as families. She helps them strengthen their joints, ease pain and tolerate Marfan's syndrome, a genetic disorder of the connective tissue. She literally wrote the book on that: "Naturopathic Support for Marfan Syndrome."

Dr. Amanda Lynn Lynn offers expanded testing of hormones, food sensitivities, proper nutrition and toxic burdens, as well as thyroid, adrenals and complications of menopause.

In addition to working with patients in her office, Dr. Amanda Lynn supports them through webinars, blogs, YouTube videos and live weekly Instagram talks. Outside work, she enjoys cooking, gardening, hiking and listening to live music.



## Therapeutic Associates

ABILITY PHYSICAL THERAPY



Quality care for a better quality of life.

**Your Physical Therapist For Life.**

Specializing in Orthopedics, Post-Surgical, Work Injuries, Motor Vehicle Injuries, Pelvic Health and Aquatic Therapy.

2191 NW 2nd St. | (503) 434-9594  
7am-7pm Mon-Thurs | 7am-6pm Friday  
www.therapeuticassociates.com/**AbilityPT**

## MEMORY CARE



# Fall in Love

with Pacifica Senior Living McMinnville community today.



An award-winning full-service Legacies Memory Care community that offers specialized care, peace of mind, and maximum comfort tailored to meet the needs of each resident.

- Private or shared apartments
- Legacies Memory Care program
- 24-hour dedicated care staff
- Individualized care plans
- Activity programs specific to Dementia Care
- Transportation to medical appointments
- And much more!



## PACIFICA

SENIOR LIVING

---

## McMINNVILLE

Memory Care

Call today and book your personal tour or learn more about the Pacifica experience.

**503-433-3541**



320 SW Hill Road | McMinnville, OR 97128 | [PacificaMcMinnville.com](https://PacificaMcMinnville.com)





# The impact of stress and how to manage it

Stress can impact your health and well-being. Understanding where it comes from and how it can affect you is crucial to remaining mentally and physically fit. Here's what you need to know.

## Warning signs

It's important to be able to recognize if stress has become a problem. The symptoms below are common and not a cause for alarm when they occur occasionally. However, if they get worse or become ongoing, this could indicate that something's wrong. Watch out for:

- Increase or decrease in appetite
- General fatigue
- Mood swings
- Difficulty concentrating
- Headaches
- Irritability or aggressiveness
- Sleep problems

## Possible sources

If you realize you're living with too much stress, you need to identify its source. Think about your relationships, both personal and professional, your home life,

your job and how busy you are. You should also identify daily irritants such as a long commute, as these tend to add up and can impact your mental health.

## What to do

Once you have an idea of where your stress comes from, you'll be in a position to take steps to improve your situation and health. In some cases, it's a matter of adjusting an aspect of your life, such as how much work you've taken on, or working out a problem in a relationship. Importantly, things like meditation and therapy can help as well.

Whatever you do, don't let stress take over your life. Over time, it can cause you to develop serious health issues and poor coping mechanisms like consumption of fatty foods, alcohol and drugs.



Helping you  
manage your symptoms  
in your home, so you  
can spend your time  
the way you want.



Learn more at [wvh.org](http://wvh.org) • 503.588.3600

## When what you desire most...



## Is exactly where you want it to be, celebrate!

At Vineyard Heights, expect a new world of experiences. It's easy, given that everything you need is waiting at the start of each day. The wide range of planned and spontaneous activities means that you choose what you want to participate in. Then again, simply enjoying morning coffee and the newspaper with friends may be just your style. Isn't it time to celebrate?

## VINEYARD HEIGHTS

Assisted Living & Retirement Cottages



Vineyard Heights • Assisted Living and Retirement Cottages

345 SW Hill Road • McMinnville, OR 97128

503-435-1000

[VineyardHeightsAssistedLiving.com](http://VineyardHeightsAssistedLiving.com)

Senior living can be different... Let us show you how! Schedule your personal tour today.





# Clos**ER** for your heart.



When chest pain strikes, seconds count. So when fast matters, come to Willamette Valley Medical Center. We're an Accredited Chest Pain Center, which means we have achieved a higher level of expertise to care for your heart problems.

You can have greater peace of mind knowing we are prepared to provide fast, life-saving treatment. We're close to home and close to your heart.

To learn more, please visit [WillametteValleyMedical.com](http://WillametteValleyMedical.com)



This facility and its affiliates comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-503-472-6131.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-503-472-6131.

## Cataract Surgery

...It's time to see what  
you've been missing!

At Oregon Eye Specialists,  
we know your eyes are  
as unique as you are.  
Our physicians take time to  
build lasting relationships –  
and provide expert solutions  
and service every step of  
the way. The ultimate goal?  
To improve your vision  
so you can enjoy  
what matters most to you.

### CONVENIENT LOCATIONS

Aloha 503.642.2505  
Lake Oswego 503.636.2551  
Newberg 503.538.1341  
Providence Portland 503.231.0166  
Providence St. Vincent 503.292.0848  
Tualatin Meridian Park 503.692.3630

BOARD CERTIFIED PHYSICIANS & SURGEONS  
FAMILY EYE CARE & OPTICAL SHOPS | GLAUCOMA | DIABETES | DRY EYE  
ADVANCED CATARACT SURGERY & CARE



Oregon Eye Specialists, PC  
& The Sight Shop

CONTACT US TODAY!  
503.935.5580 | [OREGONEYES.NET](http://OREGONEYES.NET)



### NEWBERG

2318 Portland Rd, Ste 300, Newberg, OR 97132

P (503) 538-1341 F (503) 538-1343

Hours: T-Th 8am-5pm, F 8am-3pm



# Honored to be a Top 20 Rural Community Hospital in the U.S.



At Willamette Valley Medical Center, we believe that great communities – like this one – deserve great healthcare. Our mission of Making Communities Healthier® motivates us to provide patients with the best possible experience – close to home.

Our commitment to excellence has recently been recognized. The National Rural Health Association has named Willamette Valley Medical Center as one of the Top 20 Rural Community Hospitals in the nation. That means the caliber and quality of care we offer ranks among the best in the country.

Choose Willamette Valley Medical Center for your family's health care needs. We'd be honored.

To learn more about our services, visit [WillametteValleyMedical.com](http://WillametteValleyMedical.com).



This facility and its affiliates comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-503-472-6131.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-503-472-6131.