

2024

OURx

Yamhill Valley
Health & Wellness



A SPECIAL PUBLICATION OF THE NEWS-REGISTER PUBLISHING CO.

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

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

Quality senior living for those who have reached the age of sixty-two.



OURx

PUBLISHER
Jeb Bladine

EDITOR
Ossie Bladine

SALES MANAGER
Christy Nielsen

MARKETING CONSULTANTS
Kathie Stamper
Bonnie George

GRAPHIC DESIGN
Casey Wheeler
Melissa Scharnagl

PUBLICATION PRINTING
Oregon Lithoprint, Inc.
oregonlitho.com

©2024 News-Register
Publishing Co.
1315 NE Miller St.
McMinnville | 503.472.5114
newsregister.com

Published January 26, 2024

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.

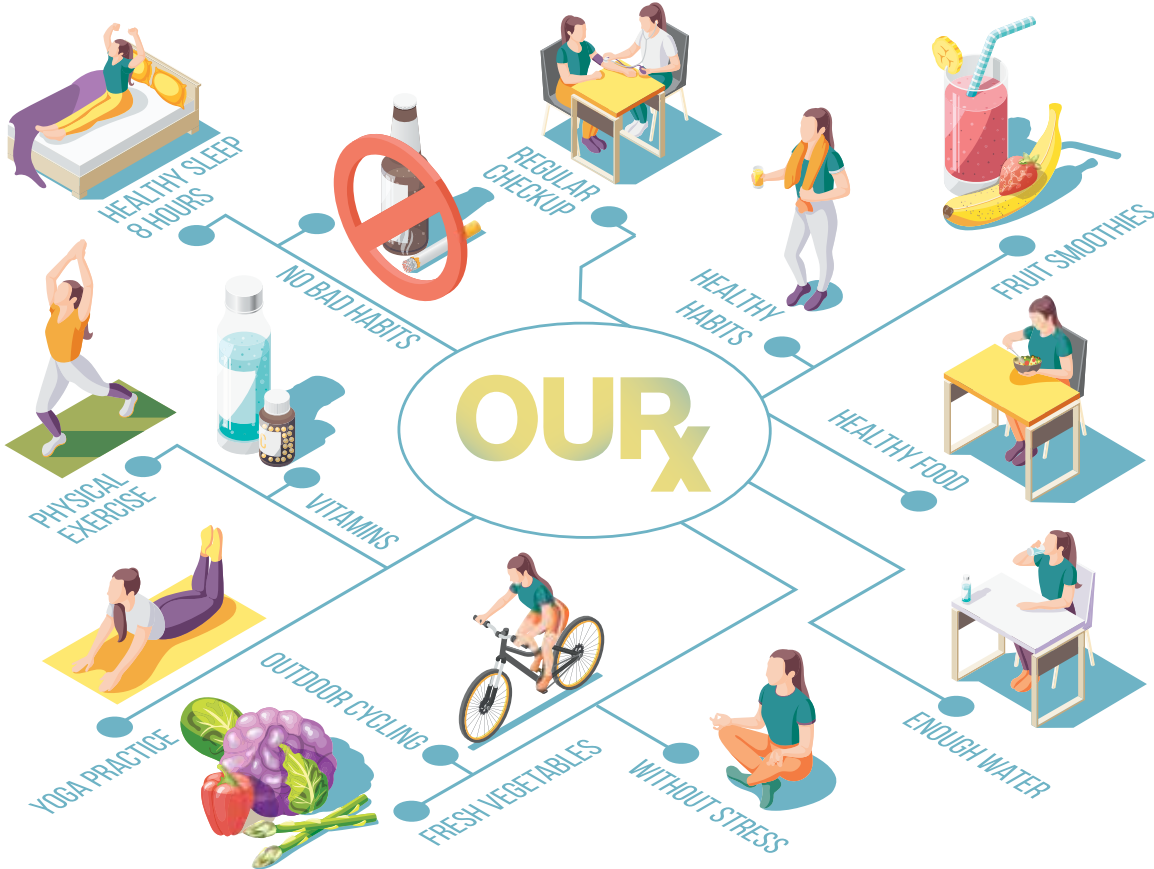


Yamhill Valley Health & Wellness

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



Contents

How to live a happier life	04
Choosing the right multivitamin	07
Improving your balance	08
Increasing your flexibility	10
Sun protection tips	12
Choosing the right sunscreen	14
6 habits for healthy eyes	16
Great sources of plant protein	18
Foods that help with digestion	20
4 benefits of telemedicine	23
5 steps for fitness success	24

Happiness is closer than you think



Do you sometimes have the impression that your thoughts control your life and prevent you from enjoying the happiness you deserve? Here are a few habits to incorporate into your daily routine to help you finally live life to the fullest.

LOOK AT YOURSELF IN A DIFFERENT LIGHT
Your self-image influences your way of living. If you think of yourself as being an incompetent person you'll probably become one. Don't be too hard on yourself. If you see yourself as a "mom who doesn't have time for herself" begin telling yourself you are a "great family manager". In other words, be positive and you'll soon feel that life is not so demanding.

SMILE MORE
Smiling broadly for 30 seconds will make you feel happy. Using the smiling muscles triggers the brain to release serotonin and endorphins, which are responsible for feelings of well-being. So go ahead and smile, even if you have nothing funny in mind. You can do it anywhere, and the best thing of all is that smiling is contagious.

STRETCH
Flexibility is a magical solution for feeling good. Stretch often and regularly. Loosen your neck when you're taking a shower or rotate your arms and shoulders between sips of coffee. It doesn't have to take hours of your time; just a few one-minute sessions will do you good.

DRINK ENOUGH WATER
Feeling sleepy in the middle of the afternoon is often caused by dehydration. If you only drink coffee during the morning, you're bound to feel weak after lunch. A few tricks: drink a large glass of water when you get up and another one before every meal. Take a bottle of water to work and aim to drink it all before lunch.



GET SOME FRESH AIR AND EAT BETTER
Treat yourself to a daily walk at lunchtime to invigorate body, mind, and soul. There's nothing better than enjoying a moderate dose of sunshine in order to fill up on vitamin D. Lastly, add some nutritious color and freshness to your diet and you will soon feel energized, guaranteed.

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

971.261.2259 | Fax: 503.883.9647
ProvokingHope.com



& 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

Jordan Visser, DPT

Matthew Lund, DPT

John Andrew, DPT

Jeremy Scheuermann, DPT

Whitney Anderson Gonzalez, DPT

Zach Christenson, DPT

Don Bailey, PTA

Tani Mollahan, PTA

Preferred provider for most insurance

Doctor referral not required

New patients welcome

Andrew Physical Therapy
ORTHOPEDIC & SPORTS REHAB

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



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.



Boonyapa Purt D.M.D.

ORAL & MAXILLOFACIAL SURGEON

Mountain View Oral Surgery & Dental Implants

MVOralSurgery.com
1046 NE 3rd St
McMinnville | 503.472.1468

Dr. Purt is a board-certified oral and maxillofacial surgeon. She grew up in Beaverton, Oregon, and graduated from Southridge High School. After attending Case Western Reserve University in Cleveland, Ohio, for undergrad, she went on to obtain her dental degree from CWRU School of Dental Medicine in 2014. While in dental school, she was commissioned as an officer in the United States Army and upon completions of her dental degree, she was selected to undergo residency training in Oral and Maxillofacial Surgery at San Antonio Military Medical Center.

After residency, Dr. Purt moved to North Carolina and served as an Active Duty surgeon and mentor for four years at Fort Bragg's Oral and Maxillofacial Surgery and 2-Year AEGD residency programs. She returned home to the Pacific Northwest in 2022 to join Mountain View Oral Surgery. In her free time, Dr. Purt enjoys traveling and exploring the outdoors with her husband and family. She loves to swim, snowboard, fish, and hike.



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.

How to choose the right multivitamin



Multivitamins contain a combination of at least three vitamins. Some also contain minerals like calcium and iron and natural substances like omega-3s. Do you have a health concern or feel the need to supplement your diet with a multivitamin? Here's how to choose the best one for you.

AGE

Your nutrient needs vary according to several factors, including your age. Consequently, children, adults and seniors require different multivitamins. For example, formulas for seniors contain higher doses of calcium to reduce the risk of osteoporosis.

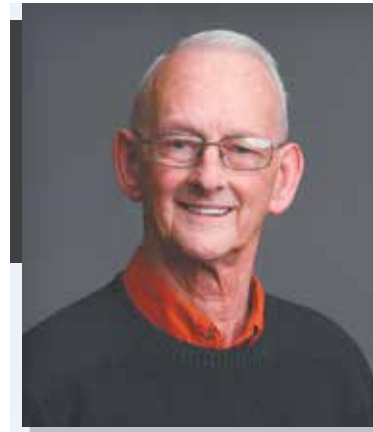
GENDER

Women should look for a multivitamin high in iron to replenish what the body loses during menstruation. Moreover, women wanting to conceive a child, are pregnant or are breastfeeding should consider a multivitamin with folic acid.

DOSE

The doses of vitamins and minerals and the number of tablets to take daily can vary considerably from one product to another. Moderation is best. Avoid formulas that contain a higher dose than you need.

It's best to consult your doctor or pharmacist before buying a multivitamin.



Brian Beals

SON OF FRIENDSVIEW FOUNDER, CHARLES BEALS

Friendsview Retirement Community

Friendsview.org
1301 E Fulton Street
Newberg | 503-487-8340

Sixty-three years of rich history dwell in the memories of Friendsview resident Brian Beals. His father, Charles Beals, led the group responsible for building Friendsview, a new type of retirement home where people of like faith could live out their golden years.

As a junior high student, Brian remembers scouting with his dad to find a site for the new community. Imagine everyone's joy when property became available within walking distance to downtown Newberg and across the street from George Fox University (then College)!

Freshly graduated from high school, Brian eagerly accepted the opportunity for a summer job at The Manor (as Friendsview was then known) as part of the construction crew. Little did he know he was helping build what he and his wife would one day call home, the very place he hauled sheets of plywood and poured concrete for \$2.79 an hour!

Today, Friendsview carries on the legacy of Brian and his father Charles Beals, building upon the original core values of the community to help create one of the most highly-regarded senior living communities in the Pacific Northwest.



7 activities that can improve your balance



You must have good balance to stand, walk, run and avoid falling. Here are seven activities you may want to try to improve your equilibrium.

- 1 YOGA** helps strengthen several muscle groups and there are various balancing poses that can improve your stability.
- 2 HORSEBACK RIDING** works your back and leg muscles to help you stay on the horse and match its rhythm.
- 3 ICE SKATING** engages your core and helps build stability in your legs. At first, it may be tricky to balance on a thin blade while gliding over a slippery surface.
- 4 PADDLEBOARDING** strengthens your glutes and hamstrings. If you're paddling over rough water, both sides of your body need to work equally as hard to keep you upright.
- 5 DANCING** requires muscle co-ordination. Additionally, you must learn how to maintain your balance while performing each movement in time to music.



- 6 ROCK CLIMBING** requires you to master proper balancing techniques. Your sense of equilibrium will help you ascend, reach, grasp and grip when climbing.
- 7 KARATE** helps maintain muscle mass and improve balance. For example, you must have good balance to land on your feet after a kick or jump.

Remember, before starting a new sport or physical activity, it's a good idea to talk to a doctor.



Excell Fitness

HEALTH & FITNESS GYM

ExcellFitness.com
McMinnville 1461 N. Hwy 99W
McMinnville | 503.434.5044

For over 26 years, David Faxon and his team at Excell Fitness have been serving the local community by helping people perform their best with cutting-edge health and fitness programs.

Located in McMinnville, Excell features the widest range and most up-to-date group exercise classes, NASM-certified personal trainers and lifestyle coaching.

Faxon is constantly looking for ways to improve his gym with new equipment, contemporary classes and fresh ideas. His motto is "Don't just live, live to Excell!"

The gym offers group exercise classes including Silver Sneakers™, pump, yoga, cycling and Zumba in addition to group strength-training classes and small group training. Excell's one-on-one training and state-of-the-art cardio equipment is well-known.

Excell also offers education-based nutrition program and counseling, as well as new-member orientation training sessions. Faxon especially promotes the philosophy of long-term health benefits that help change people's lives.



G. Ryan Berger, M.D.

OPHTHALMOLOGIST

McMinnville Eye Clinic

McMinnvilleEyeClinic.com
2445 NE Cumulus Ave, 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.



Steven D. Maxfield, M.D.

OPHTHALMOLOGIST

McMinnville Eye Clinic

McMinnvilleEyeClinic.com
2445 NE Cumulus Ave, 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.



Amy R. Van Heel, O.D.

OPTOMETRIST

McMinnville Eye Clinic

McMinnvilleEyeClinic.com
2445 NE Cumulus Ave, 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.



Cole N. Gross, M.D.

OPHTHALMOLOGIST

McMinnville Eye Clinic

McMinnvilleEyeClinic.com
2445 NE Cumulus Ave, Ste A
McMinnville | 503.472.4688

Dr. Gross completed his medical degree at the University of Nevada School of Medicine and his Ophthalmology residency at the University of Alabama, Callahan Eye Hospital. He practices comprehensive ophthalmology including cataract lens implant surgery. Dr. Gross joined McMinnville Eye Clinic in 2021. He is board certified by the American Board of Ophthalmology.



David J. C. Hayes, M.D.

OPHTHALMOLOGIST

McMinnville Eye Clinic

McMinnvilleEyeClinic.com
2445 NE Cumulus Ave, 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.

8

YAMHILL VALLEY HEALTH & WELLNESS OURx 2024

OURx 2024 YAMHILL VALLEY HEALTH & WELLNESS

9



5 reasons to increase your flexibility

Flexibility plays a key role in your overall fitness. In fact, stretching your muscles and joints on a regular basis can make a variety of everyday activities easier. Here are the five main benefits of increasing your flexibility.



- 1. It improves your posture and balance
- 2. It increases your range of motion
- 3. It reduces your risk of getting injured
- 4. It helps your muscles work more effectively
- 5. It reduces aches, pains and muscle tension

Furthermore, stretching after you exercise facilitates muscle recovery and repair. It also prevents lactic acid from building up and causing muscle soreness.

Keep in mind that stretching shouldn't be painful. Though it's normal to feel a pulling sensation, a sharp or stabbing pain means you've over-extended your muscles or joints, which can result in injury.

ACTIVITIES TO TRY
Stretching is just one of many ways to improve your flexibility. You can also try yoga, tai chi, water aerobics, Pilates, ballet and more. Consider signing up for a beginners' class in your area.

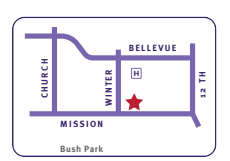


At Salem Health's cardiology clinic, we know that your heart is as unique as you are. So whether you're a longtime heart patient recovering from a procedure or newly diagnosed and looking for support, we'll tailor our care to you and you alone.

- Our range of services includes:**
- EKGs/ECGs
 - Pacemaker and defibrillator follow-up
 - Arrhythmia management
 - General cardiology

Talk to your primary care provider today about a referral, or give us a call for more information.

Salem Health
Specialty Clinic – Cardiology
885 Mission St. SE
Salem, OR 97301
503-814-0273



 SALEM HEALTH SPECIALTY CLINIC – CARDIOLOGY
Your heart is one-of-a-kind

 **Salem Health**
Hospitals & Clinics

Let your beauty shine

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



- Cole N. Gross, 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

2445 NE Cumulus Ave.
McMinnville Or.
503.472.3842



McMinnvilleEyeClinic.com/optical.html

Benefits of Massage Therapy

- Helps alleviate back pain and improve range of motion
- Exercise and stretch weak, tight, or atrophied muscles
- Helps athletes prepare for, and recover from, strenuous workouts
- Lessen depression and anxiety
- Increased circulation of blood and lymph systems improves the condition of the body's largest organ—the skin.

See Your Massage Therapist



Sponsored by:
www.alderwoodmassage.com
1709 NE 27th St. Suite J, McMinnville

online booking:
503-434-1738
Camron Dunn, LMT
OR Lic #16243

by appointment only

Sun safety: take these essential precautions

Sun protection is imperative if you want to avoid sunburn and protect yourself against the harmful impacts of long-term UV exposure, like skin cancer. Here are some good practices to adopt.



PROTECT YOUR EYES

The sun can damage your eyes, especially the retinas, and can increase your risk of conditions like cataracts. To prevent these unfortunate — and sometimes irreversible — consequences, wear sunglasses. Opt for wrap-around styles that shade the sides of your face. The darker the lenses, the better, as long as they don't impede your vision. Choose models with 60 to 90 percent UVA protection and 95 to 99 percent UVB protection.



SEEK OUT SHADE

Avoid unnecessary sun exposure, especially between 11 a.m. and 3 p.m. when UV rays are strongest. Stay in the shade, whether under a tree, umbrella, beach tent, awning or gazebo. There are plenty of ways to hide from the sun.



WEAR A HAT

A large-brimmed or legionnaire-style hat is a must to protect your face, ears and neck during outdoor activities. Choose a hat made of breathable material to avoid overheating.



KEEP HYDRATED

When the weather gets hot, humid and sunny, dehydration is a real risk and can lead to many illnesses. Whether working, playing sports or relaxing, drink lots of cool water before you start feeling thirsty.



WEAR SUNSCREEN

Sunscreen is your number one ally outdoors, even if it's cloudy. Use a broad-spectrum sunscreen with a minimum SPF of 30 and carry it everywhere so you can reapply it every two hours and after swimming.



It's more than where you live. It's how.



Now, Hillside has even more to inspire your best life.

Here, in the heart of the Willamette Valley, among 57 acres of trails, meadows, tree-lined lanes and engaging amenities is the perfect place to shape a future. With HumanGood, one of the country's largest providers of nonprofit Life Plan Communities at the helm, our community is flourishing. We invite you to get to know Hillside and its welcoming atmosphere, just minutes from charming and historic downtown McMinnville.

Please call (503) 461-2655 to request a tour or visit ExploreHillside.org

Hillside
now a human good community

WELCOME TO LIFE PLAN COMMUNITY LIVING

IN THE HEART OF MCMINNVILLE, OREGON

How to choose the right sunscreen



Do you often feel puzzled when faced with the countless sunscreen options available at your local drugstore? Here is some useful information to help you make a wise choice.

ANTI-UVA AND UVB
A good sunscreen provides protection on a broad spectrum. This means that it shields the skin against the harmful effects of both UVA and UVB rays, which can lead to signs of premature aging (wrinkles, dark spots, skin tags, etc.), painful sunburns and even skin cancer.

SPF 30 (OR HIGHER)
The sun protection factor (SPF) indicates the strength of protection against UVB rays. For example, an SPF of 15 blocks 93 percent of UVB rays, while an SPF of 30—the recommended minimum by the American Academy of Dermatology—blocks 97 percent. If you apply a good layer of SPF 30 sunscreen, you can bask in the sun 30 times longer before burning than if you were to forgo sunscreen altogether. Here’s another helpful tip: your lips burn too! Make sure to protect them with a balm containing an SPF of at least 30.



WATER-RESISTANT
A sunscreen that isn’t waterproof becomes much less efficient as soon as it comes into contact with sweat or other sources of moisture. Thus, whether you actively play sports or not, it’s always best to choose a water-resistant brand for those sweltering summer days. But be careful! A sunscreen deemed water-resistant does not make it impervious to bodily fluids and other liquids. Always reapply sunscreen after a swim or profuse sweating for guaranteed protection.

LIGHT-RESISTANT
Many sunscreens lose their shielding power when exposed to the sun for prolonged periods of time. To get the best protection for your skin, opt for a photostable sunscreen that retains its integrity upon exposure to the light.

Once you’ve purchased your sunscreen, don’t be afraid to slather it on! The American Academy of Dermatology recommends the equivalent of two tablespoons for total coverage of a medium-sized adult. And don’t forget to reapply every two hours!

Living in Style and Comfort

At Vineyard Heights
Escape to the Ideal Lifestyle and Live Your Best Life

At Vineyard Heights Retirement and Assisted Living in McMinnville, residents enjoy an active and engaging lifestyle that promotes wellness and independence. The goal is to keep residents linked to resources and opportunities in the community that will fulfill their interests, needs and goals.

Vineyard Heights offers a wide array of apartment options providing conveniences and comforts that will accommodate your needs. Living quarters come in several styles, ranging from 350 square foot studios to 689 square foot apartments. All include a kitchenette, a private bathroom with a walk-in shower and bedroom/living area, depending on your preference. Retirement cottages offer even more space and amenities, including a washer/dryer and garage. No matter the size, these residences enable you to live in a comfortable and stress-free space so retirement living comes to life!

Assisted living offers an array of care services customized to each individual need while still promoting independence. The amazing and caring staff is available 24 hours a day for those times when there is any type of need for assistance.

Residents at Vineyard Heights have regular opportunities to participate in a variety of life-enriching activities and events designed to stimulate the mind, body and soul. From cocktail hour gatherings where you can learn about the nuances of a good Pinot Noir, to a discussion of the latest best-seller in the Life-Long Learning Series, to exploring new ways to stay healthy in a fitness class, you can expect the unexpected.

Without a doubt, discovering new interests and making new friends is why many seek retirement living at Vineyard Heights. Situated in the heart of wine country, and next to one of the most beautiful cities in Oregon, it stands out from the crowd. At the heart of it all is the healthy and stimulating lifestyle you’ve been seeking.

Escape to Vineyard Heights and join residents here for the good life! If you’d like to learn more about how senior living really can be different, schedule a visit at 345 SW Hill Road in McMinnville. Call 503-435-1000 or visit online at www.VineyardHeightsAssistedLiving.com today.



DISCOVER.

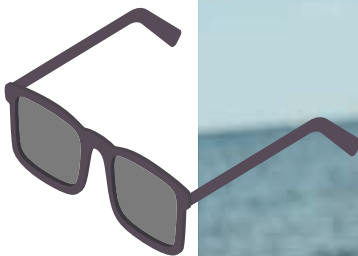
When you live at Friendsview, Newberg’s leading senior living community, you’ll find plenty of inspiration to follow your own path. And a neighborhood full of welcoming residents and compassionate team members with a deep sense of giving and serving. Not to mention the peace of mind of knowing your future is well planned. Scan the QR code and join us at one of our upcoming events and discover Friendsview for yourself.

 **Friendsview**



1301 E. Fulton Street | Newberg, OR 97132 | (503) 487-8340 | Friendsview.org | 

How to choose sunglasses that will protect your eyes



For more advice and to help you make an informed choice, consult an optician or other eye care professional.

Did you know your eyes can get a sunburn? In addition to damaging your corneas, exposure to the sun’s rays increases your risk of developing cataracts and other serious eye conditions. This is why it’s essential to wear sunglasses outdoors, even on cloudy days. Here are some tips to help you choose a pair that will provide adequate protection.

Opt for close-fitting sunglasses or frames that can easily be adjusted. Choose wide lenses or wraparound sunglasses to protect your eyes from every angle.

Check the label to ensure the lenses offer full protection against both UVA and UVB rays. Remember that it’s not a question of color, darkness or price.

Favor sunglasses that have a scratch-resistant coating on the lenses. This will help prevent imperfections from hindering your vision.

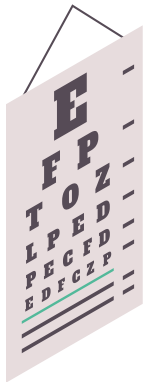
Select a pair with mirror-coated or gradient lenses. These features will reduce the amount of light that reaches your eyes without compromising your ability to see.

Be mindful of the activities you’ll be doing when wearing your sunglasses. For example, brown lenses are ideal for driving because they don’t affect how you see colors.

Make sure the lenses don’t cause too much distortion. Test them out by looking at a tiled floor while wearing them to see if the lines look straight.

PHOTOCHROMIC VS. POLARIZED LENSES
Photochromic lenses can be useful because they darken in response to exposure to UV light. However, this means they don’t darken properly in cars, since windshields block some UV rays. Polarized lenses, on the other hand, are ideal for driving and outdoor activities, as they reduce glare off flat surfaces such as roads, water and snow.

6 habits for healthy eyes



Did you know that many common ocular health problems can be prevented by adopting a few simple habits? Set your sights on good vision and healthy eyes by following these proven tips.

- 1 Remember to blink regularly, especially while looking at your phone or computer screen. Make sure your eyes close completely with each blink.
- 2 Add foods to your diet that are rich in vitamins A, C and E as well as lutein and zinc. Eggs, legumes and dark, leafy greens are all great picks.
- 3 Quit or avoid smoking altogether, as it increases your risk of uveitis, a form of eye inflammation that can lead to permanent vision loss.
- 4 Don’t look directly at sources of bright light, such as the sun and headlights from oncoming traffic, and lower the brightness of your screens.
- 5 Wear sunglasses that offer full protection against both UVA and UVB rays. You can pick up a well-made pair at your optometrist’s clinic.
- 6 Take 20-second screen breaks every 20 minutes by focusing your eyes on something that’s at least 20 feet away.



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.



Zach Christenson, 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

Zach is a native Oregonian. He was born and raised in Salem and completed his undergraduate degree in kinesiology at Oregon State University. While at Oregon State his passion for physical therapy grew through his involvement in several health clubs, intramural sports, and community exercise programs for children and adults with disabilities.

He earned his DPT at George Fox University in their Doctor of Physical Therapy program which focused on meeting the health and wellness needs of patients through innovative practice based on current research and impassioned commitment. Zach is excited to partner with his patients in achieving their health and wellness goals.

In his spare time, Zach enjoys spending time outdoors sight-seeing, hiking, kayaking, weight training, participating in sports activities, and spending time with friends and family.



Whitney Anderson Gonzalez, 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

Whitney grew up playing sports locally and graduated from Willamina High School in 2014. She then played collegiate basketball at Willamette University in Salem, and graduated with a Bachelor’s Degree in Exercise Science in 2018. Whitney finished her Doctorate of Physical Therapy from Saint Francis University in Loretto, Pennsylvania, in 2021.

Whitney decided to return to the area where she grew up with her husband, Agustin. She enjoys being active, especially when it involves the outdoors. Hiking and snowboarding are among her favorite hobbies. Whitney also likes training CrossFit and learning about health and wellness.

Whitney enjoys working with people of all ages to personalize their recovery, in both English and Spanish. She is happy to use her knowledge of exercise and movement and her hands-on skills to help others.



Jordan Visser, D.P.T.

DOCTOR OF PHYSICAL THERAPY

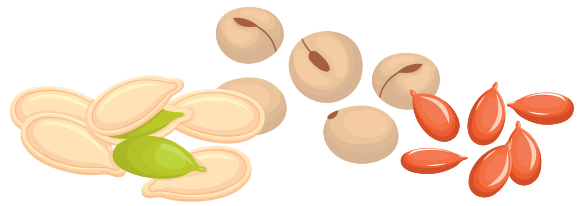
Andrew Physical Therapy
Orthopedic & Sports Rehab

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.



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.

LIFE AT HILLSIDE: ALL UPSIDE

Now part of the HumanGood family of nonprofit Life Plan Communities, Hillside, the Willamette Valley's premier life plan community, has renewed its focus on the fulfillment of its residents.

Next door to world-class vineyards and minutes from the beautiful downtown McMinnville, Hillside offers first-class amenities, innovative wellness programs and creative dining options along with social, cultural and lifelong learning opportunities.

In HumanGood, Hillside has found an ideal partner in its desire to evolve in lockstep with its residents, introducing innovations such as a new affordable pricing program on select residences.

Hillside is a nonprofit Life Plan Community where residents live independently, secure in knowing that higher levels of healthcare are right on campus should they ever be needed. Residents describe that peace of mind as the best gift they ever gave to their families or received for themselves.

To learn more about Hillside's new pricing plans on select residences to schedule a tour, or simply to ask more questions, call **(503) 461-2655** or visit ExploreHillside.org

News-Register

ez-pay

The easy way to stay connected for just \$9 a month.

For more details, call or e-mail us today! 503.472.5114 circulation@newsregister.com

NTR

John Stout

LICENSED DENTURIST

McMinnville Denture Center

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 44 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!



Keep Your Beautiful Smile

Shop, Compare & Save!

Standard Upper or Lower

Dentures \$1,100 ea.

Partials..... \$1,300 ea.

Relines..... \$350 ea.

Jon Stout

Licensed Denturist

Repairs

Free Consultation

McMinnville Denture Center

Serving the Yamhill Valley for 41 Years!

HOURS: M/W/F 10am-5pm • www.mcminnvilledentures.com

145 E. Third Street, McMinnville • 503.472.0990

What to eat for better sleep



Did you know your diet has a significant impact on your sleep quality? You probably already know it’s best to avoid caffeinated beverages and rich meals in the evening. However, do you know what to eat to get the best possible night’s sleep? Here are a few tips.

4 foods that help with digestion



If you frequently experience gastrointestinal symptoms such as bloating, gas, diarrhea and constipation, you might benefit from making a few adjustments to what you eat. Here are four types of food you can incorporate into your diet to promote healthy digestion.

GINGER

This popular spice has strong anti-inflammatory properties and can help reduce bloating, cramping, gas and indigestion. You can add fresh or powdered ginger to a variety of dishes, or steep thin slices of the root in hot water to make a digestive tea.

WHOLE GRAINS

Oats, quinoa, brown rice and other whole grains are an excellent source

of fiber, which helps move waste through the digestive tract and prevent constipation. Whole grains also contain prebiotics, a substance that promotes healthy bacteria growth in the intestines.

BANANAS

In addition to being a good source of fiber, bananas are packed with potassium, which helps muscles in the digestive system function

AVOID SPICY FOOD

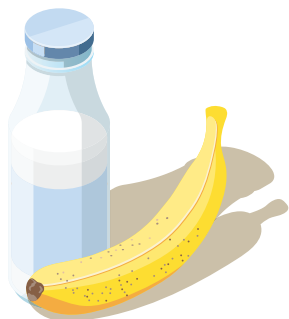
Although they’re tasty, spicy foods are more likely to cause heartburn, affecting your sleep. Save those spicy foods for other times of the day.

FOCUS ON COMPLEX CARBOHYDRATES

Fiber raises your serotonin levels, which promotes restful sleep. Foods rich in complex carbohydrates include legumes and whole grains.

STIMULATE THE RELEASE OF TARGETED HORMONES

Serotonin is calming, and melatonin is central to your sleep cycle. Some excellent sources include nuts like almonds and walnuts, milk, bananas, chickpeas and cherries. Small portions can promote the production of the hormones essential for deep sleep.



If you’re still having a restless sleep despite being careful about what you eat at dinner or in the evening, consult a health professional.



smoothly. This relatively bland fruit is also a great option to restore your electrolytes if you have an upset stomach or diarrhea.

LEAFY GREENS

Swiss chard, kale, spinach and other leafy greens contain an abundance of fiber and nutrients that facilitate digestion such as vitamins B-9 and C. Research shows these vegetables also contain a particular sugar that

promotes healthy gut bacteria growth.

In addition to adopting healthier eating habits, you can improve your digestion by drinking plenty of water, exercising regularly and taking steps to manage stress. For personalized advice, or to get to the bottom of persistent gastrointestinal issues, consult your doctor.



“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!!”

JAMES B. NELSON, DDS
FELLOWSHIP, ACADEMY OF GENERAL DENTISTRY



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.



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.



ORAL SURGERY & DENTAL IMPLANTS



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



Don't Just Live...Live to Excell
Excell Fitness
Visit our website for a full list of our services and hours
www.ExcellFitness.com
Locally owned and operated for over 26 years
A WONDERFUL LOCATION TO SERVE YOU
McMinnville 1461 N. Hwy 99W | (503) 434-5044
Monday through Friday 5am-9pm, Saturday & Sunday 7-5



GUARANTEED RESULTS
OR WE'LL GIVE YOU YOUR OLD BODY BACK!

4 benefits of telemedicine

Telemedicine is gaining in popularity for several reasons. This technology allows you to consult a doctor virtually, and many users are singing its praises. Here are four advantages.



- 1

IT'S AVAILABLE ON A VARIETY OF DEVICES
Depending on your preferences and the telemedicine platform you use, you can video chat with your doctor on your smartphone, tablet or computer.
- 2

YOU DON'T HAVE TO LEAVE YOUR HOME
Telemedicine consultations can take place anywhere. However, most people prefer to do so from the comfort and privacy of their own homes. You don't have to leave your living room to consult your doctor. However, depending on your condition, your doctor may determine that you should meet with a specialist in person.
- 3

IT REDUCES THE RISK OF CONTAGION
If you're contagious, you don't have to go into a clinic or hospital to meet with your healthcare provider and risk spreading your illness to others — and vice versa.
- 4

IT'S QUICK AND EASY
Unlike in-person sessions that may require you to spend hours in traditional waiting rooms, telemedicine consultations typically take about 15 minutes from start to finish. Plus, you often don't have to install complex software. Another efficient aspect of telemedicine is that any necessary prescriptions can be sent directly to your pharmacy.

Check with your health clinic to find out whether it offers telemedicine or contact your human resources manager to see if this type of service can be made available for employees.



Camron Dunn
L.M.T.
MASSAGE THERAPIST
[Alderwood Massage Therapy](http://AlderwoodMassageTherapy.com)
alderwoodmassage.com
1709 NE 27th St, Ste J,
McMinnville | 503.434.1738

As a massage therapist, Camron Dunn, LMT, enjoys working with his clients and helping them ease their pains, increase their range of motion and focuses on pain management.

A graduate of the Oregon School of Massage, Dunn owns and manages his own clinic in McMinnville, Alderwood Massage Therapy. He practices a full range of massage therapies, including relaxation massage, sports massage and focused therapeutic massage -- his passion -- in which he and his patients work together to make sure targeted areas of the body experience relief. Communication is vital to this type of therapy.

Dunn, the son of a McMinnville chiropractor the late George Dunn, D.C., grew up in the healthcare environment.

After trying other careers, such as baking and working on RVs, he went back to school to become a massage therapist. He is a member of Associated Bodywork & Massage Professionals.

Dunn and his wife, Debbie, have been married for 43 years. They have two grown children and three grandchildren.

In his spare time, he likes to work on his home, which he and Debbie designed and built together. The Duns also enjoy hiking, kayaking and cycling.



WEST VALLEY HOSPITAL
Here to meet your family's health needs.

salemhealth.org/westvalley



Getting in shape? Do it right!



This is it: you've promised yourself to get in shape, and you're determined to follow through. Here are five crucial steps for fitness success. Skipping even one of these would be a major slip-up that could set you up to fail.

- 1 SET GOALS** Having clear goals and tracking your progress will keep you motivated. Give yourself specific (and realistic) targets that aren't exclusive to weight loss.
- 2 BE WELL EQUIPPED** Hockey, tennis, Zumba — whatever your sport of choice is, be sure you have the right equipment to avoid injuries.
- 3 CHOOSE THE RIGHT TRAINING** Opt for a sport that you enjoy and that's suited to your physical condition. Choose lessons that are targeted to your skill level or have a professional create a personalized workout routine for you.
- 4 EAT RIGHT AND STAY HYDRATED** Make sure you're giving your body the nutrients and energy it needs, and don't exercise right after a meal. Drink water before, during and after your workout; your muscles will thank you.

- 5 WARM UP** Warming up and stretching are crucial steps to prepare your body for the upcoming effort.

Don't overdo it by exercising too much (either too intensely or too often). Take it progressively and, above all, listen to your body! It's the best way to stay motivated and avoid getting hurt.



Get in shape the right way by choosing an activity you like and that's appropriate for your physical condition.

TherapeuticAssociates
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

Printing solutions produced with tangible values.



At Oregon Lithoprint, our mission is superior quality and exceptional service. We produce large-run newspapers, catalogs, books, digests and more, serving clients throughout the Northwest and beyond.

OREGON LITHOPRINT INC.

503.472.5115 | oregonlitho.com



Provoking Hope

NON-PROFIT RECOVERY SUPPORT SERVICES


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 over 65 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 for 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.



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.



McMINNVILLE EYE CLINIC

Excellence in Eyecare

2445 NE Cumulus Avenue, Suite A McMinnville, OR 97128
www.mcminnvilleeyeclinic.com • 503.472.4688

David J.C. Hayes, M.D. • G. Ryan Berger, M.D. • Steven D. Maxfield M.D.
Laura C. Burke, M.D. • Amy R. Van Heel, O.D. • Cole N. Gross, M.D.



WHAT DOES *Community* MEAN TO YOU?

SUPPORT • NURTURE • AWARENESS • LOCAL • VOLUNTEER • UPLIFT • EMPATHY

Help support your local journalistic resources by doing any of the following:



Subscribe to the News-Register, either online, in print, or both!



Buy classified ads, Milestone celebration ads, or “Happy” ads. Advertising is not just for businesses!



Stock our specialty publications to hand out to Yamhill Valley visitors as a local source of info.



Read ads in the paper, online or in print. Visit businesses and tell them you saw their ad!



News-Register Publishing Co. | McMinnville | 503.472.5114 | newsregister.com

JAMES B. NELSON, DDS

FELLOWSHIP - ACADEMY OF GENERAL DENTISTRY



*Over 35 Years
Of Experience In
Yamhill County*



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

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