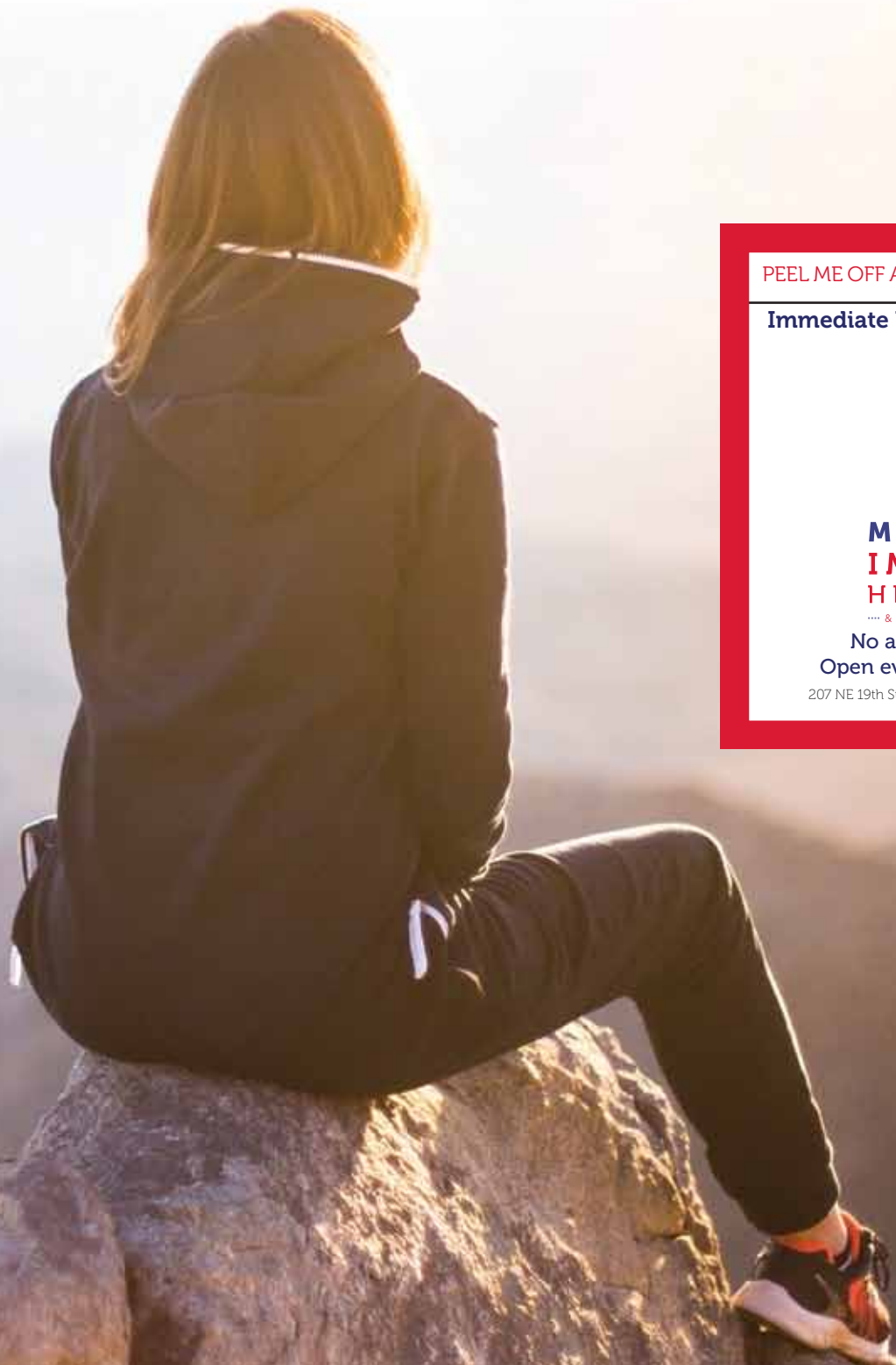


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Yamhill Valley Health & Wellness

STORIES INSIDE

7

3 BAD ORAL HABITS
TO SQUASH ASAP

8

GLUTEN INTOLERANCE:
A BRIEF INTRODUCTION
TO CELIAC DISEASE

12

THE IMPORTANCE
OF COLORECTAL
CANCER SCREENINGS

14

4 FOODS FOR
HEALTHIER SKIN

18

KIDS NEED AT LEAST
AN HOUR OF
EXERCISE A DAY

30

HOT OR COLD
COMPRESS: WHICH
IS BEST?

32

HOW A HEALTHY
LIFESTYLE HELPS
PROTECT YOUR EYES

37

HERE'S HOW MANY
STEPS YOU NEED
TO TAKE A DAY

39

WHY VACCINES
ARE IMPORTANT
FOR ADULTS

43

SPOTTING SPOILED
FOOD: BEYOND THE
BEST-BY DATE

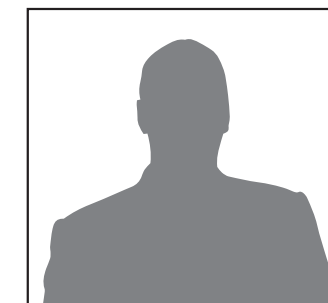
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As administrator of Marjorie House, Ashley provides a key balance of excellence in quality care along with genuine compassion while caring for our residents and their families.

She brings 9 years of experience in long term care including working as a med tech, in care giving and as a Resident Care Coordinator. Ashley received her Administrative Certificate in 2015 and is honored and excited to bring her experience and heart here to our Marjorie House family.

She keeps herself and her staff up-to-date on the latest in dementia care training and believes it is a privilege as well as a priority to provide resident centered care. Ashley sincerely enjoys getting to know our resident families, helping them along their loved one's journey. She walks together with them through the challenges, trials and beauty of dementia care, providing a combined effort to give our residents the best experience possible.

Ashley likes spending time with her fiancé, Kory, and their dog, Jackson. They love the outdoors, hiking, and traveling. Ashley also enjoys painting, gardening, and volunteering at her church.

Camron Dunn, L.M.T.

Massage Therapist

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

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 McMinnville chiropractor George Dunn, D.C., grew up learning about how muscles function and relate to skeletal action. He knew he wanted to help people.

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 Dunns also enjoy hiking, kayaking and cycling.

3 BAD ORAL HEALTH HABITS TO SQUASH ASAP

If not nipped in the bud, bad oral health habits can lead to increased tooth sensitivity, tooth fractures, tooth decay, the development of bad breath and even serious health problems. Here are three bad oral health habits that need to be nixed right away.

1 CONSUMING TOO MUCH SUGAR

The bacteria in your mouth thrive on the sugars and starches you consume, converting them into acids that deteriorate tooth enamel, cause cavities and lead to excessive plaque buildup.

When you eat sugary snacks throughout the day, your mouth gets overwhelmed by tooth-rotting acids. If you're going to snack, it's far better to choose something healthy like nuts, hard cheeses and crunchy vegetables.

In addition, you should guard against frequently sipping on sugary beverages such as juice, sports drinks and soft drinks. Consuming these items can coat your teeth with excessive amounts of sugar. Instead, make water your go-to beverage – it's a far more hydrating option, anyway.

2 BITING YOUR NAILS

Constantly biting your nails can damage your teeth. Moreover, it exposes your mouth to the bacteria that's under your nails. Cutting your nails short and applying a bitter-tasting nail polish can help you curb this nervous habit.

3 CHEWING ON ICE

Habitually crunching on ice cubes can cause tiny fissures to form on your tooth enamel, thereby weakening your teeth and making you more prone to tooth sensitivity and tooth decay. In some cases, chewing on ice can even lead to chipping or breaking a tooth.

Lastly, neglecting to brush and floss regularly is the ultimate bad oral health habit. To protect your teeth, be sure to brush and floss them every day.



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GLUTEN INTOLERANCE: A BRIEF INTRODUCTION TO CELIAC DISEASE



Celiac disease is a type of autoimmune disease characterized by an inability to ingest gluten without causing damage to the small intestine. When people with celiac disease eat foods containing wheat, barley or rye — grains that contain the protein gluten — they may experience serious digestive problems (such as diarrhea, abdominal cramping and bloating) and a range of other possible short-term and long-term health effects.

Left untreated, celiac disease can lead to additional serious health problems, including Type 1 diabetes, multiple sclerosis, anemia, osteoporosis, infertility and miscarriage, migraines, epilepsy and intestinal cancers.

If you suspect you have celiac disease, visit your doctor and request a blood test. If the results come back positive, you'll be referred to a gastroenterologist for a small bowel biopsy to test tissue from your small intestine for damage.

There are no medications for curing celiac disease or relieving intestinal symptoms, but the condition is treatable by removing gluten from the diet.

When you're diagnosed with celiac disease, you should schedule an appointment with a registered dietitian to help you map out a dietary plan. In order to eat gluten free, you'll need to avoid not just wheat products, but also rye, barley and oats.

You also need to watch out for foods that you're less likely to think of as containing wheat such as ketchup, soy sauce, canned soups and gravy. Make sure to read food labels carefully for possible gluten content.

Luckily, there are many gluten-free products available on the market these days — you can even buy gluten-free beer!

Carrie Schadewitz

Marketing Director



Vineyard Heights Assisted Living & Retirement Cottages

345 SW Hill Road
McMinnville | 503.435.1000
vineyardheightsassistedliving.com

Carrie has always enjoyed helping others and has a tremendous amount of respect and admiration for seniors. "They have lived full lives and have so much wisdom to share." She's been serving seniors in Yamhill County since 2006.

She loves the integrity and passion our team has here at Vineyard Heights. "We're committed to each and every one of the residents that call our community home," she says. "That's what sets us apart, and I am so proud to be a part of this beautiful community."

As the Marketing Director of Vineyard Heights Assisted Living and Retirement Cottages, Carrie sees the significance of how individualized care makes a difference every single day for residents. Watching the impact first hand has an influence when one reflects; this could be my mother, father, grandmother, etc.

Carrie grew up on a small family farm in Logsden, Oregon. Carrie and her husband Rick moved to McMinnville in 2006. Daughter, Aaryn resides in Vancouver with her husband Earl. Son Drew and his wife, Melissa, live in McMinnville with their children Logan, 10, and Alivia, 4. When she's not at work, you can find Carrie busy in her flower garden, relaxing on her patio or playing with her grandchildren.

Janet Sederquist

Executive Director



Vineyard Heights Assisted Living and Retirement Cottages

345 SW Hill Road
McMinnville | 503-435-1000
vineyardheightsassistedliving.com

For Janet Sederquist, the best part of being executive director at Vineyard Heights Assisted Living and Retirement Cottages is knowing that her staff makes a difference in the lives of residents on a daily basis.

As someone who pours her heart into everything she touches, she enjoys the day-to-day interaction with the people who live at Vineyard Heights, as well.

Sederquist oversees all operations in the Vineyard Heights community, including resident care, maintenance, accounting, activities, dining services and marketing. She is always mindful of Oregon state regulations, and compliance is a big part of her daily responsibilities.

Her job is challenging, but it's greatly satisfying and personally rewarding.

Sederquist, who was born in Corpus Christie, Texas, grew up in Southern California. She has a background in marketing.

After caring for her mother for three years, she changed careers. Working in long-term care gives her a chance to make a positive difference for seniors and their families by ensuring residents receive the best care that fits their needs.

When she has a moment to herself, Sederquist enjoys photography and baking. She is eager to learn about making goat cheese.

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Ophthalmologist



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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, PC

2318 Portland Road, Suite 300, Newberg
503-538-1341
www.oregoneyes.net

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.

Marvin Johnson, D.M.D.

Oral & Maxillofacial Surgeon



Mountain View Oral Surgery & Dental Implants

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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.

Thomas Kolodge, D.D.S., M.D.

Oral & Maxillofacial Surgeon



Mountain View Oral Surgery & Dental Implants

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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.

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THE IMPORTANCE OF COLORECTAL CANCER SCREENINGS

Millennials beware Colorectal cancer rates among young people are increasing. If you notice worrisome symptoms such as rectal bleeding or a change in bowel habits, consult a doctor without delay. While it may be due to a benign condition, young people affected with colorectal cancer are more likely to die because of a delay in diagnosis.



Colorectal cancer kills more people than breast and prostate cancer put together. However, early detection greatly improves outcomes among diagnosed patients. Here's what you should know about getting screened for this cancer.

WHY GET TESTED?

If detected early, the five-year survival rate for colorectal cancer patients is 90 percent. However, only 39 percent of cases are found at this stage. Often, colorectal cancer doesn't initially cause any symptoms. This is why being proactive about detection is vital.

WHO SHOULD GET TESTED?

People between the ages of 50 and 74 should undergo a fecal immunochemical test (FIT) and a fecal occult blood test (FOBT) every two years. These tests detect traces of blood in the stool that can't be seen with the naked eye, which could indicate a tumor. Out of 1,000 tests, an average of 36 will come back positive, prompting a colonoscopy. Out of 36 positive tests, only four will be due to the presence of cancer.

HOW CAN I GET TESTED?

Ask your healthcare provider to prescribe a test. You'll then be referred to a collection center and provided with a test kit containing detailed instructions. It's also possible to take the test at home. Ask your doctor what options are available.

Public health agencies recommend that regular colorectal cancer screenings begin as soon as someone turns 50, regardless of symptoms. Being proactive is the only way to detect cancer early.

Brian Bollwitt, D.M.D.

Dentist

Wark Dental Group

2177 NW 2nd St, McMinnville
503.472.2125
www.amywarkdmd.com



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.

Amy Wark, D.M.D.

Dentist

Wark Dental Group

2177 NW 2nd St, McMinnville
503.472.2125
www.amywarkdmd.com



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.

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4 FOODS FOR HEALTHIER SKIN



In winter, your skin is routinely exposed to the effects of cold temperatures, indoor heating, pollution and sunlight. Here are four foods that can help allay the effects of these stressors.

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AVOCADO
An excellent source of healthy fats and vitamin C, this popular fruit helps skin maintain its elasticity and protects it from irritants. It's also highly versatile and can be enjoyed in salads, smoothies, sandwiches and on its own.

NUTS
The amino acids in nuts are essential to our skin's health. They promote its natural regenerative processes while improving blood circulation. Add them to salads and baked goods or eat them as a snack.

BERRIES
Strawberries, raspberries, blueberries and blackberries all contain very high concentrations of antioxidants, which slow skin aging and contribute to your overall health. Add them to your cereal and smoothies or munch on them as a low-calorie snack.

Other skin-friendly foods include olive oil, green tea, garlic and red grapes. As a bonus, adding these to your diet will diversify it and help you maintain a healthy lifestyle.

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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.

Amy R. Van Heel, O.D.

Optometrist

McMinnville Eye Clinic

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



Dr. Amy Van Heel received her 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 primary care optometry, as well as contact lenses.

Dr. Van Heel joined McMinnville Eye Clinic in 2019. She lives in Newberg with her husband.

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David J. C. Hayes, M.D.

Ophthalmologist



McMinnville Eye Clinic

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

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, glaucoma, medical retina, macular degeneration as well as cosmetic services (Botox, dermal fillers). He is board certified by the American Board of Ophthalmology.

Dr. Hayes lives in McMinnville with his wife and their two children. He enjoys spending time in his garden, as well as taking in all of Oregon's natural splendor, which includes skiing, mountain biking, hiking and fishing.

Steven D. Maxfield, M.D.

Ophthalmologist



McMinnville Eye Clinic

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

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 including 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.

Laura C. Burke, M.D.

Ophthalmologist



McMinnville Eye Clinic

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

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.

Nicholas P. Grinich, M.D.

Ophthalmologist



McMinnville Eye Clinic

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

Dr. Nicholas Grinich earned his medical degree from Oregon Health and Science University (OHSU). After he graduated, he completed his internship at Good Samaritan Hospital and Medical Center in Portland and his residency at California Pacific Medical Center in San Francisco. Dr. Grinich went on to complete a fellowship at the Mayo Clinic in corneal diseases.

Dr. Grinich joined the McMinnville Eye Clinic in 1996. He practices comprehensive eye care. Dr. Grinich is board certified by the American Board of Ophthalmology.

Dr. Grinich lives in McMinnville with his wife.

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Michael S. Passo, M.D. • Nicholas P. Grinich, M.D.
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.

Michael S. Passo, M.D.

Ophthalmologist



McMinnville Eye Clinic

235 SE Norton Ln, Ste A, McMinnville
503.472.4688
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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.

G. Ryan Berger, M.D.

Ophthalmologist



McMinnville Eye Clinic

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

Dr. Ryan Berger graduated from the 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 then went on to complete his residency in ophthalmology at the University of Colorado, Rocky Mountain Lions Eye Institute.

Dr. Berger joined the McMinnville Eye Clinic in 2009. He practices comprehensive eye care, including cataract lens implant surgery. Dr. Berger is board certified by the American Board of Ophthalmology.

Dr. Berger lives in McMinnville with his wife and son. He is a member of the Oregon Academy of Ophthalmology.

KIDS NEED AT LEAST AN HOUR OF EXERCISE A DAY



According to recent studies, kids aren't getting nearly enough exercise on a daily basis. The latest physical activity report card released by the National Physical Activity Plan Alliance (NPAPA) gave American children a D- grade for their overall level of physical activity. Researchers found that only 21 percent of American youth currently meet the Physical Activity Guidelines of getting 50 minutes or more of physical exercise each day.

If you're a parent, try to help your children find physical activities that they truly enjoy so that they're more likely to maintain the habit over time. While some kids enjoy team sports, others prefer solitary activities like dancing, swimming or biking.

Simply playing with friends outside can also be a great way for kids to get the recommended hour of exercise.

And remember to be a role model yourself. Having a parent that exercises regularly sends the right message about the importance of physical fitness.

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Neck pain	Headaches and migraines	Nutrition education
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Frozen shoulder	Hormone imbalance	Auto-immune disorders

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Silver Falls Dermatology
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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.

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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.

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18

OUR 2019-2020

OUR 2019-2020

19

Jacob Bushnell, D.D.S.

Dentist

Hyder Family Dentistry

2080 NE Hwy 99W, McMinnville
503.472.2445
www.hyderfamilydentistry.com



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 in September 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.

Todd C. Hyder, D.M.D.

Dentist

Hyder Family Dentistry

2080 NE Hwy 99W, McMinnville
503.472.2445
www.hyderfamilydentistry.com



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.



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John Andrew D.P.T.

Certified M.D.T., C.S.C.S.



Andrew Physical Therapy

2025 NE Baker St, Ste A, McMinnville
503.435.1900
www.AndrewPT.com

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.

Melissa Bartlett, D.P.T.

Doctor of Physical Therapy



Andrew Physical Therapy

2025 NE Baker St, Ste A, McMinnville
503.435.1900
www.AndrewPT.com

Born with a passion to serve others, Melissa Bartlett knows the field of physical therapy suits her perfectly. As a physical therapist at Andrew Physical Therapy in McMinnville, Melissa evaluates and treats orthopedic conditions, allowing her patients to get back to living normal lives. Melissa says physical therapy allows her to be a teacher, a coach, a cheerleader and a healer, all in one profession!

Melissa was awarded a bachelor's degree in exercise science from Pacific University in Forest Grove before earning her doctor of physical therapy from George Fox University in Newberg.

Melissa resides in McMinnville with her husband and their very spoiled Australian Shepherd. The three of them have really enjoyed McMinnville and the immediate sense of welcoming and community that it offers. When she's not helping patients, Melissa enjoys working out, playing golf, and tossing Frisbee with her beloved dog. She also enjoys going to the beach and sampling food and wine with friends, family and her wonderful husband.

Jordan Visser, D.P.T.

Doctor of Physical Therapy



Andrew Physical Therapy

2025 NE Baker St, Ste A, McMinnville
503.435.1900
www.AndrewPT.com

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.

John Kennedy D.P.T.

Certified M.D.T., C.S.C.S.



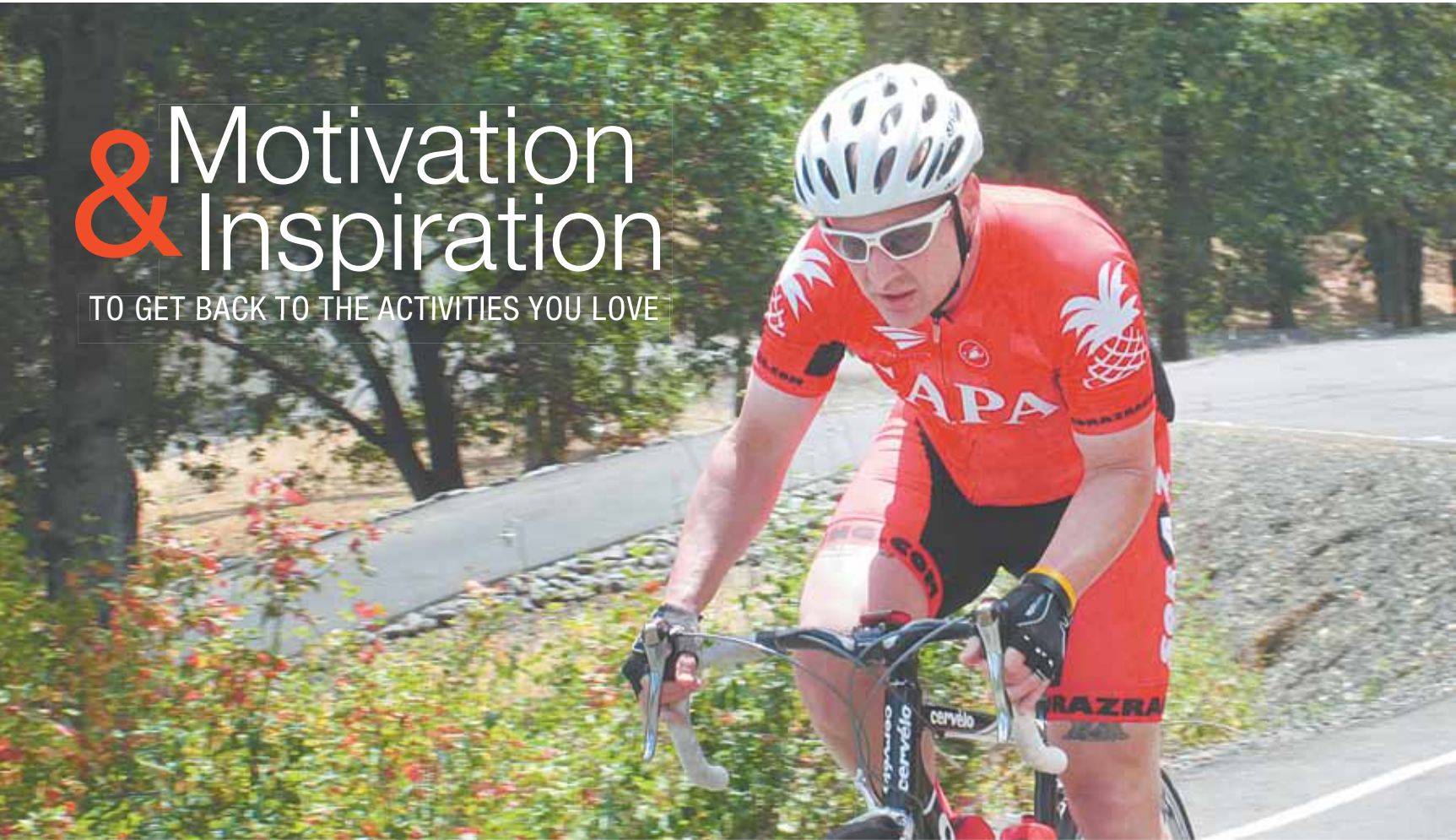
Andrew Physical Therapy

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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.

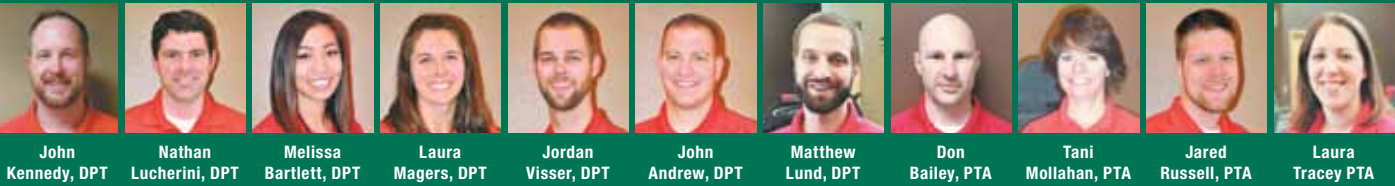
John is passionate about helping others return to an active life after injury. He believes rehabilitation should be fun and leave the patient with a sense of accomplishment. John's schooling and life experiences help him understand the struggles experienced both mentally and physically with rehabilitation. 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!



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Jason Sabatini, DPM

Podiatrist



McMinnville Foot & Ankle Specialists

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503.472.3341
www.MacFootAnkle.com

Jason S. Sabatini, DPM chose to go into the field of podiatry because it is a particularly well-rounded field of medicine. As a podiatrist, Dr. Sabatini treats all conditions involving the foot and ankle. He currently practices at McMinnville Foot & Ankle Specialists. Dr. Sabatini enjoys the challenges of treating a variety of conditions and regularly performs surgery on his patients at Willamette Valley Medical Center. He says being able to see patients walk, run, work and live without hesitation and pain is immensely rewarding.

Dr. Sabatini earned his undergraduate degree at the University of Nevada in Reno. He was then awarded his medical degree from the Rosalind Franklin University of Medicine & Science in North Chicago, Illinois. He also completed a three-year reconstructive foot and ankle surgical residency at Long Island Jewish Hospital in New York. Dr. Sabatini specializes in treating fractures, conditions involving arthritis, bunions, hammertoes, ingrown nails, diabetic wound and routine care. Dr. Sabatini has surgical privileges at both Willamette Valley Medical Center and Providence Newberg Medical Center.

Married to a Yamhill Valley native, Dr. Sabatini and his wife live in McMinnville with their three children. When he's not treating patients, Dr. Sabatini enjoys hiking, backpacking, camping and relaxing with his family.

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Pictured Above, left to right:
Brandi Spence, MD; Celina Sears, MD;
Heather Abé, DO; John Neeld, MD

Pictured to Right:
Erica Koltenuk, CNM;
Anne Ziemba, CNM;

Not pictured:
Amanda Ray, MSW, CSWA



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Heather Abé, D.O.

Physician & Surgeon Board Certified in Obstetrics & Gynecology



Valley Women's Health

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503.474.1148
www.valleywh.com

Dr Heather Abé DO is originally from the Philadelphia area. She has been in Oregon now for 5 years and has loved living here. She appreciates the milder climate even if means more rain!

Dr Abé is passionate about women's health and understanding where women come from to better address their health issues. She sees patients for routine pregnancies, but also high risk pregnancies, routine and complex gynecological care, gynecological surgery and infertility. She also serves on the board of directors for the hospital to help provide physician input.

When she is not working at the hospital, she enjoys being with her husband and three little kids. They enjoy exploring the outdoors, board games, baking and reading.

Celina C. Sears, M.D.

Physician & Surgeon Board Certified in Obstetrics & Gynecology



Valley Women's Health

2700 SE Stratus Ave. Suite #301
McMinnville
503.474.1148
www.valleywh.com

A childhood injury sparked an interested in medicine for Celina Sears. After working in research, Dr. Sears decided a medical degree would allow her to incorporate her love of science and interacting with people into a fulfilling career. As a physician at Valley Women's Health, Dr. Sears will provide outpatient care in addition to performing gynecologic surgery and delivering babies.

Raised in Southern California, Dr. Sears was awarded bachelor's degrees in chemistry and biology from the University of California, Irvine before earning her medical degree from St. Louis University. Dr. Sears served in the U.S. Navy for nearly a decade. Dr. Sears loves the combination of surgery, continuity of care, and women's health found in the obstetric/gynecologic field.

Dr. Sears lives in McMinnville with her husband and three children. When she's not helping her patients, Dr. Sears pursues physical fitness and trains in Brazilian jiu jitsu.

Brandi Spence, M.D.

Physician & Surgeon Board Certified in Obstetrics & Gynecology



Valley Women's Health

2700 SE Stratus Ave. Suite #301
McMinnville
503.474.1148
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Brandi Spence, M.D. was raised in Dallas, Oregon, marrying her high school sweetheart, Andrew. After graduating from Oregon State University, Dr. Spence earned her medical degree from Loma Linda University followed by an obstetrics and gynecology residency in Asheville, North Carolina.

The Spence family — now including daughter, Adie, and son, Olin — are happily settled in McMinnville. "We knew we'd return to the Willamette Valley, where we both grew up," says Dr. Spence. "We want to raise our children here and we know there's no better place to help others do the same."

Dr. Spence specializes in comprehensive obstetrical care including high-risk pregnancies and fertility counseling, providing a broad range of services including contraceptive care, surgical procedures and postmenopausal care. Dr. Spence considers herself fortunate to experience amazing moments with her patients and says she can't imagine a better profession.

When not helping patients, Dr. Spence keeps busy with her family, enjoying hiking, home renovation, knitting and do-it-yourself projects.

Anne L. Ziemba, C.N.M.

Certified Nurse Midwife



Valley Women's Health

2700 SE Stratus Ave. Suite #301
McMinnville
503.474.1148
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Anne Ziemba completed a degree in nurse-midwifery at the University of Illinois at Chicago. She has trained and worked in hospitals, a birthing center and with a homebirth practice. She loves to support physiologic and low-intervention birth. She values working in a hospital, where she can support all types of birth and provide midwifery care even when complications occur. Anne is honored to be a part of people's lives as they become parents.

As a midwife, Anne believes in patient-centered care and supports patients in making informed decisions to improve their own health. She is committed to providing inclusive and empowering healthcare. As a Certified Nurse Midwife, she is also a Nurse Practitioner, and can offer contraceptive services, annual exams, reproductive and sexual healthcare. She enjoys working in a community where she can have long-lasting relationships with patients.

When not practicing midwifery, Anne spends as much time as possible exploring the beauty of the Pacific Northwest. She lives in McMinnville with her partner and daughter.

Nicholas Barber, M.D.

Oncology, Hematology

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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.

Erica Koltenuk, M.D.

Certified Nurse Midwife

Valley Women's Health

2700 SE Stratus Ave. Suite #301
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503.474.1148
www.valleywh.com



Erica Koltenuk is a Midwife who is passionate about supporting families in their birthing experience. She started her career as a labor and delivery nurse. Knowing that she wanted to work with families throughout their whole pregnancy, she went on to become a Nurse Midwife and Family Nurse Practitioner, earning her degree from Vanderbilt University.

As a midwife, Erica enjoys working collaboratively with patients. In addition to prenatal care, she specializes in annual exams, birth control, STI screenings, gynecological problems and menopausal care. Following the midwifery model, she believes that honoring an individual's autonomy and providing patient-centered care are crucial to maintaining health and wellness. She feels privileged to share such important moments in patient's lives.

Erica lives in McMinnville with her partner and children. When not at work, you are most likely to find her playing on the beach with her family.

Catherine O'Brien, M.D.

Oncology, Hematology

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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.

John Martinez

Physical Therapist

West Hills Physical Therapy

2200 SW 2nd St, McMinnville
503.474.3524
www.westhillsphysicaltherapy.com



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 18, Ryan 16, Maria 14, and Molly 12.

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 six years.

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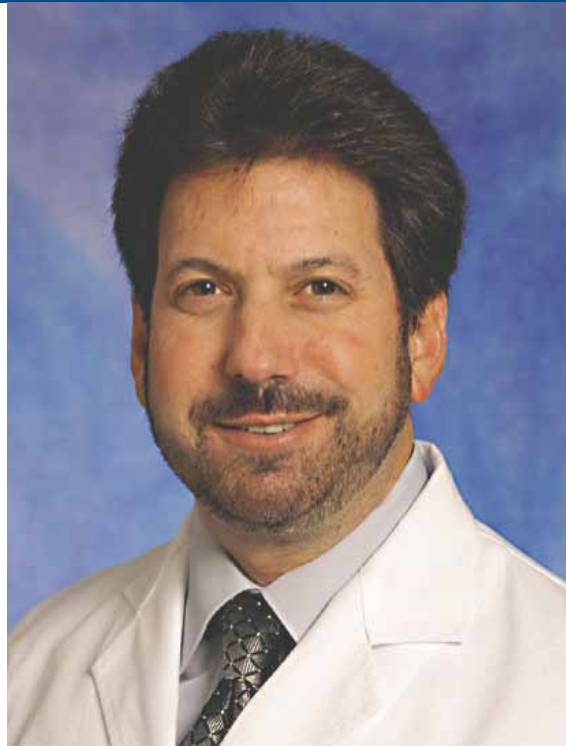
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HOT OR COLD COMPRESS: WHICH IS BEST?



COLD

A cold compress will usually relieve pain. It'll also mitigate swelling, inflammation, muscle spasms and slow blood flow in the area where it's applied. Generally, cold is indicated for recent and acute, as opposed to chronic, injuries. Use it to help with:

- Muscle cramps and tears
- Swelling
- Minor burns
- Sprains
- Insect bites

Don't apply cold compresses to open wounds and avoid them if you have circulation problems or are anemic, as the coolness will slow blood flow.

HEAT

As is the case with cold compresses, warm ones will help reduce pain. They also promote muscle relaxation, tissue repair and blood circulation. Chronic pain responds better to heat, as do bruises that have been lingering for over two weeks. Use them to help with:

- Muscle and menstrual cramps
- Chronic aches
- A stiff neck
- Back pain

Again, don't use a compress, hot or cold, on an open wound. If the pain doesn't go away or becomes unbearable, seek attention from a health professional as soon as possible.

If you're dealing with the effects of a stiff neck, backache or a mild burn, you may be wondering whether you should apply a hot or cold compress to the affected area. Here's what you should know.

Willamette Valley Hospice

Expert Care in Our Community



503.588.3600
www.wvh.org

At Willamette Valley Hospice, we are here to support you and your family when facing a serious illness. Our hospice and home-based 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.

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Emily Wood

Clinic Director and Physical Therapist



Therapeutic Associates Ability Physical Therapy

2191 N.W. Second St., Building 4, McMinnville
503.434.9594
www.therapeuticassociates.com/ability

After undergoing rehabilitation from several injuries herself, Emily Wood, clinic director at Therapeutic Associates Ability Physical Therapy in McMinnville, knew the importance of recovery. She knew, as well, that she wanted to help other people reach their recovery goals.

So the Medford native studied exercise science at Willamette University and went on to earn a doctorate in physical therapy from the University of Southern California.

Wood is an orthopedic clinical specialist, a ASTYM certified provider and certified manual physical therapist. She is trained through Herman and Wallace to provide pelvic health treatment to both men and women, as well.

She enjoys working with members of the fantastic team at Ability Physical Therapy, who are like a second family to her. They support one another in their efforts to have a positive impact on patients who come in for recovery or proactive therapy. They help patients in a warm therapeutic pool, as well as using other equipment and techniques.

Wood lives in McMinnville with her husband, Kevin, their young son, Jackson, and golden retriever, Theo. She enjoys traveling, hiking, running and skiing.

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HOW A HEALTHY LIFESTYLE HELPS PROTECT YOUR EYES



Did you know that many lifestyle choices that affect your overall health could also affect the health of your eyes? Here are three facts about how lifestyle may impact your vision and eye health.

- 1 SMOKING IS BAD FOR YOUR EYES**
Anti-smoking campaigns often focus on the fact that smoking causes increased blood pressure and cancer, but smokers are also at risk for vision problems. Uveitis, cataracts, dry eye and age-related macular degeneration are all more common in smokers than they are in the general population.
- 2 EXERCISE HELPS PREVENT VISION LOSS**
Exercise has many health benefits but it also helps with vision problems. Several studies have shown a connection between exercise and decreased risks for glaucoma, cataracts and age-related macular degeneration.
- 3 A BALANCED DIET IS KEY FOR EYE HEALTH**
Those who consume diets high in fat and sugar have an increased risk for eye disease. However, those who have diets high in vitamins, omega-3 fatty acids, healthy proteins and lutein have a decreased risk for eye diseases. Adding a supplement to your diet may be necessary to ensure you get the proper nutrients.

There are many reasons to consider making healthier lifestyle choices and preserving your vision and eye health is an important one. Additionally, making healthy choices can help you avoid chronic conditions that put you at greater risk of vision loss such as cardiovascular disease, diabetes and high blood pressure.

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Provoking Hope

Non-Profit Recovery Support Services



Provoking Hope

McMinnville, OR
971.261.2259
provokinghope.com

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.

Transitional Life Care Clinic, Inc.

Adult Primary Care



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 4 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.

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Lisa Sears

Administrator/Manager



United Homecare Services

1275 NW Adams St., McMinnville, OR
503.472.9491
homecarepartner.org

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.

Lisa R. Pool, LAc

Licensed Acupuncturist



Blue Sky Acupuncture, LLC

330 SE Baker St, McMinnville
503.474.7446
www.blueskywellness.com

Lisa Pool chose Acupuncture as a career because she loves to help people enjoy a better quality life. She works with many different kinds of health concerns such as: arthritis, insomnia, digestive disorders, headaches/ migraines, anxiety/ depression/stress and much more. She specializes in neck, back, shoulder, knee, hip, foot and hand pain from either chronic conditions like arthritis or acute injuries from falls or motor vehicle accidents.

Lisa began her career as a Licensed Massage Therapist while attending Oregon College of Oriental Medicine for Acupuncture. After graduating in 2007, she worked as an Acupuncturist for a busy and well respected pain clinic in Hood River fine tuning her skills in pain management. She also enjoys working with Auto-Immune conditions, Fertility Enhancement, Hormone Imbalance, Nutrition/ Food Allergies and many other conditions. She is an integrative provider and works in conjunction with other providers to give her patients the best results possible. Most insurance accepted!

James Nelson, DDS

Dentist



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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.



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!!”



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John Stout

Licensed Denturist



McMinnville Denture Center

145 E 3rd St, McMinnville
503.472.0990
www.mcminnvilledentures.com

McMinnville Denture Center is a full service denture clinic which has been serving the community for 39 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!

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You can also smell the leather because we've been the Yamhill Valley's sole shoe repair source for decades. Our shoe repair craftsmen trained under the legendary Melchor Robles and maintains his high standards for comfort and workmanship. Your 20-year-old Birkenstocks will come back looking and feeling better than new; your work and hunting boots will walk again, like the day you bought them!

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HERE'S HOW MANY STEPS YOU NEED TO TAKE A DAY

Have you heard that you need to take 10,000 steps a day to remain healthy? Unsurprisingly, there's a little more to it than that.

WHY 10,000?

The idea that 10,000 steps a day is ideal has its origins in a 1960s marketing campaign for the "Manpo-kei," a Japanese pedometer. Though scientists were involved in its invention, the number was chosen for no reason other than it was deemed representative of an active lifestyle.

IS THERE A MAGIC NUMBER?

Scientists investigating the adage have determined that the more steps one takes, the less likely they are to die. In fact, they found that people who took 7,500 steps a day had a lower mortality risk than those who walked less. However, there was no longevity benefit to taking more than 7,500 steps.

IF YOU DON'T LIKE WALKING

If walking or jogging aren't your thing, don't worry. The important part is that you remain physically active. The World Health Organization recommends conducting two-and-a-half hours a week of moderate activity or an hour and 15 minutes a week of high intensity activity. Picking a type of exercise that you enjoy will make it easier to keep doing in the long term.

Those who have chronic health conditions, or who are over the age of 60, stand to gain hugely from regular exercise. It's crucial for hindering mobility loss and also preserving overall physical and mental health. However, to avoid getting injured, they should be careful to work out within their capacity.



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retire@rockofagesvalleyview.com | rockofagesvalleyview.com



Brenda Avalos

Health Information Director



Life Care Center of McMinnville

1300 NE 27th St., McMinnville
503.472.4678
www.LifeCareCenterofMcMinnville.com

Life Care Center of McMinnville is a great place to work for Brenda Avalos, health information director. She and her coworkers get along well, have fun and, at the same time, get the job done for the center's patients.

Avalos was drawn to her job by her own experiences with the medical field. She had a daughter who suffered from cancer. That experience made Avalos want to help others.

At Life Care Center, she does the coding, audits records for accuracy and makes sure everything is in compliance. She finds it rewarding to know that other members of the great staff depend on her.

She enjoys meeting the patients, too. Their stories put a smile on her face, and she loves making them smile just by listening to them.

Avalos has been named employee of the month at Life Care several times. She has taken numerous classes to advance her skills, including a course in collaborative problem solving.

A resident of Dayton, she has four children and a trio of leopard geckos. She loves spending as much time with her family as possible – and dreaming about retiring to Hawaii someday.

Damen Diaz

Executive Director



Life Care Center of McMinnville

1300 NE 27th St., McMinnville
503.472.4678
www.LifeCareCenterofMcMinnville.com

Damen Diaz, executive director of Life Care Center of McMinnville, always knew he wanted to be of service in health care.

Intrigued by administrative work, he found a job with a Life Care facility. The executive director there took him under his wing and showed him the basics of the job.

Diaz earned a bachelor's degree in health care administration. Now, at Life Care Center of McMinnville, he oversees the daily business operation and makes sure the best care is delivered to residents.

Nursing homes aren't institutions, he said, and at Life Care, especially, the staff strives to provide a homelike setting. Their goal is to provide a safe, clean environment in which residents receive the care they require.

Diaz and his staff share a passion for serving the geriatric and vulnerable population. They enjoy hearing residents' stories, too.

He feels at home at Life Care Center. He appreciates the small, tight-knit community and the many opportunities to network in McMinnville.

When he's not on duty, Diaz may be found outdoors hunting or fishing. Or he may be indoors, watching games played by Boston sports teams.

Life Care Center of McMinnville



Life Care Center of McMinnville

1300 NE 27th St., McMinnville
503.472.4678
www.LifeCareCenterofMcMinnville.com

Simply put, Life Care Center of McMinnville is one of Oregon's leading facilities for inpatient and outpatient rehabilitation. The facility offers a number of services, including skilled nursing care with specialties in wound care management; intermediate care; respite services; and hospice care.

Life Care Center of McMinnville features numerous amenities to help maintain health and wellness, including recovering from surgery, illness, or injury. The state-of-the-art facility includes an expert staff providing occupational, physical, and speech therapy services showcasing an independent apartment with full functioning kitchen, rehabilitation gym, outdoor mobility-park, and private outpatient treatment rooms. It is the only skilled nursing facility in Oregon to offer the AlterG anti-gravity treadmill, which allows patients to exercise even if they are experiencing otherwise debilitating conditions. Life Care is also the only skilled nursing facility in McMinnville that offers therapy 7 days a week

If you or a loved one are recovering from illness, accident, or debilitating surgery, or if you need physical, occupational, or speech therapy services, you can count on Life Care Center of McMinnville to be there on the road to recovery and wellness.

Carrie Scheper

Business Office Manager



Life Care Center of McMinnville

1300 NE 27th St., McMinnville
503.472.4678
www.LifeCareCenterofMcMinnville.com

Carrie Scheper hadn't expected to work in a skilled nursing facility, but she's excited to have found her niche with Life Care Center of McMinnville.

She joined Life Care in December 2004 after seven years as a stay-at-home mom. She started as accounts payable and payroll coordinator. Seven years later, she became business office manager.

The position involves billing Medicare, Medicaid and insurance claims. She's responsible for accounts receivable, as well as for managing the business office accounts payable and payroll functions.

Scheper loves her job and the people with whom she works. She appreciates, too, the great opportunities for advancement provided by Life Care. She hopes to stay with the company until she retires.

At Life Care of McMinnville, Scheper has helped build a great team. She's proud to have won her division's Business Office Manager Award presented annually by the corporate office in Washington.

Scheper has a grandson as well as two daughters. The Newberg resident enjoys gardening, baking, canning and spending time with her family and friends.

If you hear Christmas music playing, look for Scheper. She especially loves the Christmas season.

WHY VACCINES ARE IMPORTANT FOR ADULTS

Vaccines given during adulthood can prevent the spread of serious diseases that may lead to poor health, missed work, costly medical bills and even death. As you get older, the protection gained from certain childhood vaccines can wear off. Plus, you may be at risk for certain vaccine-preventable diseases because of your age, job, lifestyle or current health status.

Getting vaccinated as an adult also helps protect the people most susceptible to contagious diseases, such as babies and young children, pregnant women and seniors.

Here are some vaccines commonly recommended for adults:

SEASONAL FLU
Adults of all ages should get an annual flu shot but especially seniors, people with chronic health conditions and pregnant women. Sixty percent of flu-related hospitalizations occur in people 65 years and older.

SHINGLES
One in three adults contract shingles during their lifetime, and your risk increases as you age. Adults who are 50 and older should get the shingles vaccine.

TETANUS, DIPHTHERIA, PERTUSSIS (TDAP)
If you didn't receive the Tdap vaccine as an adolescent to protect against whooping cough (pertussis), it's vital to get the shot as an adult. Women should also get the Tdap vaccine during each pregnancy, to protect the newborn from pertussis.

PNEUMOCOCCAL
This vaccine prevents pneumococcal disease, which causes pneumonia, meningitis and sepsis. It's recommended for all adults age 65 and older as well as for younger adults with conditions that affect their immune system, such as HIV, lymphoma and leukemia.

If you have chronic health conditions or work in the health care industry, you may require additional vaccines. Before traveling abroad, remember to check what vaccines you'll need and get them administered four to six weeks before your trip.



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www.yccasa.org



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 or call 503-434-6668. You can make a difference!

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**Dr. Scott T. Henson,
D.D.S., M.S.D.**
Orthodontist

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503.472.7121
www.hensonortho.com



Scott Henson, D.D.S. loves watching his patients' confidence soar and overall well-being improve as a result of his efforts. After all, that sort of satisfaction is why he pursued a career in orthodontics in the first place. As the practice owner and orthodontist at Henson Orthodontics in McMinnville, Dr. Henson gets to witness his patients' joy and excitement every day. He says his goal is to create an exceptional and memorable patient experience!

Dr. Henson was awarded his undergraduate degree from Virginia Tech before earning his graduate and dental degrees from the Virginia Commonwealth University School of Dentistry in Richmond. He is a member of the Alpha Omega Study Club, the American Society of Orthodontists and the Pacific Society of Orthodontists. In addition, Dr. Henson is a leading provider of Invisalign, the popular and highly effective clear-aligner treatment.

Convinced there is no better place to be, Dr. Henson lives in the Yamhill Valley with his wife, Jenell, and his son, Henrik. When he's not treating patients, Dr. Henson loves back-country skiing and both mountain and road cycling.

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Dr. Richard Ecker of Yamhill Valley Dermatology and Laser Center realizes that skin health and self-esteem go hand-in-hand. He is board certified in the diagnosis and treatment of skin-related problems and diseases. He also specializes in the treatment of skin cancer, laser surgery, and non-invasive skin rejuvenation and enhancement techniques.

Dr. Ecker earned his Bachelor of Science degree from the University of Michigan and his medical degree from Michigan State University. He completed his residency in dermatology at the Mayo Clinic in Rochester, Minnesota, followed by further training in Mohs Surgery with Dr. Fred Mohs at the University of Wisconsin.

The father of two, he is now the proud grandfather of Delaney & Brody. When he's not in the office, he enjoys hunting and reading, and is an avid collector of sports memorabilia.

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At Hometown Dental prevention is the foundation for good oral health. Dr. Bomberger and his friendly team work hard to provide high-quality restorative dentistry that will stand the test of time. By demonstrating care and compassion while working with patients, Dr. Bomberger hopes everybody he sees will learn a visit to the dentist can be both pleasant and friendly.

Dr. Bomberger was educated at Western Oregon University and received his dental degree from Oregon Health Sciences University. He has assembled a team of dental care providers who all share his commitment to excellence, providing wonderful treatment with a gentle touch.

Dr. Bomberger resides in McMinnville with his wife, Tara, and their two teenage children. In his free time Dr. Bomberger enjoys golfing and working with various youth sports groups within McMinnville.

Chris Gustafson

Hearing Instrument Specialist

Evergreen Hearing Center

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Chris Gustafson has been a Licensed Hearing Instrument Specialist for over 42 years and knows the difference assistive listening equipment can make in the quality of people's lives.

He began his career in 1977 and worked for Oregon Hearing Aid Center for nine years before purchasing the business from his father-in-law in 1985. He then changed the name to Evergreen Hearing Center.

Chris has been Board Certified since 1985 and has an AAS Degree in Hearing Instrument Sciences from Spokane Falls Community College.

Gustafson previously served on the Governor's Advisory Council on Hearing Aids for the Oregon Health Licensing Agency for 13 years. He's also been President of the Oregon Hearing Society and International Hearing Society.

Chris, who lives in Salem, enjoys working in the Yamhill Valley.

SPOTTING SPOILED FOOD: BEYOND THE BEST-BY DATE



Is it safe to eat? While best-by dates are useful indicators, your senses are a much better way to gauge freshness. Here's how to determine whether food is safe to eat.

DAIRY

Milk, yogurt, sour cream and other high-humidity dairy products should be chucked if they've separated, smell sour, have curdled or are showing even a hint of mold.

CHEESE

Hard and semi-soft cheeses like Parmesan and cheddar are fairly resistant to mold. If there's only a little bit on the surface, you can cut off one inch around the affected area and eat the rest. Moldy soft cheeses should be discarded.

BREAD

Since mold spores can penetrate the porous surface of bread, a moldy loaf should be thrown out.

POTATOES

Throw out any potato with green flesh. This is due to an accumulation of solanine, a toxic chemical naturally produced by potatoes. If the green coloration doesn't extend below the skin, the potato is safe to eat once peeled. Make sure to remove eyes and sprouts and to throw out soft, moldy potatoes.

FRUITS AND VEGETABLES

Some fruits and veggies, like carrots and bell peppers, are too dense for mold to penetrate past the surface, so these are safe to eat once the affected spot is removed. Slimy, discolored and thoroughly moldy fruits and veggies should be thrown out.

EGGS

Conduct a water test to determine freshness. If the egg sinks, it's good. If it floats, toss it.

CANNED FOOD

Throw out rusted or bulging cans, as well as those that have been punctured.

MEAT AND FISH

Minor discoloration is nothing to worry about. However, a slimy texture or an unusual smell are indicators of spoilage. The same is true of fresh fish, which should never smell fishy. Deli meats with a slimy coating should also be discarded.

Remember, best-by dates are indicators of freshness, not safety. However, if in doubt, it's always better to err on the side of caution.

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INDEX OF ADVERTISERS

ACUPUNCTURE

Blue Sky Acupuncture..... 18, 34

AMBULANCE

McMinnville Fire Med..... 24, 34

ASSISTED LIVING

Fircrest Assisted Living and Memory Care

Marjorie House..... 6, 43

Rock of Ages..... 33, 37

Vineyard Heights..... 9, 45

DENTAL

Dr. James Nelson..... 4, 35

Henson Orthodontics..... 14, 41

Hometown Dental..... 6, 42

Hyder Family Dentistry..... 20, 21

McMinnville Denture Center..... 9, 36

Mountain View Oral Surgery & Dental Implants..... 11, 32

Wark Dental Group..... 12, 13

DERMATOLOGY

Silver Falls Dermatology..... 19

Yamhill Valley Dermatology & Laser Center..... 10, 41

EYE CARE

Jerry's Optical Shoppe

McMinnville Eye Clinic..... 15, 16, 17

Oregon Eye Specialists..... 10, 47

Physicians' Optical..... 15

FITNESS & YOGA

Boho Yoga

Excell Fitness..... 19, 30

HEALTH FOODS

Harvest Fresh Grocery and Deli

Parkway Natural Foods

HEARING

Evergreen Hearing..... 8, 42

MASSAGE

Alderwood Massage Therapy..... 6, 41

Heart & Hands Healing Massage..... 18

MEDICAL

Mauuel Gigena, Plastic Surgery..... 46

McMinnville Foot and Ankle..... 24, 33

McMinnville Immediate Health Care & Occupational Medicine..... 48

Oregon Oncology Specialists in McMinnville..... 25, 28

Providence Medical Group..... 29

Willamette Valley Ear Nose & Throat..... 11

Willamette Valley Medical Center Joint Replacement Institute..... 31

Willamette Valley Medical Center..... 2, 20
willamettevalleymedical.com

ORTHOPEDIC INSOLES & FOOTWEAR

Shoe Mates..... 7, 36

PHYSICAL THERAPY & REHAB

Andrew Physical Therapy..... 22, 23

Life Care Center..... 3, 38

Therapeutic Associates Ability Physical Therapy..... 31, 35

West Hills Physical Therapy..... 28, 40

SUPPORT

CASA..... 40, 42

Provoking Hope Recovery Services..... 33, 36

United Homecare Services..... 24, 34

Willamette Valley Hospice..... 31, 39

WOMEN'S HEALTH

Valley Women's Health..... 26, 27, 28

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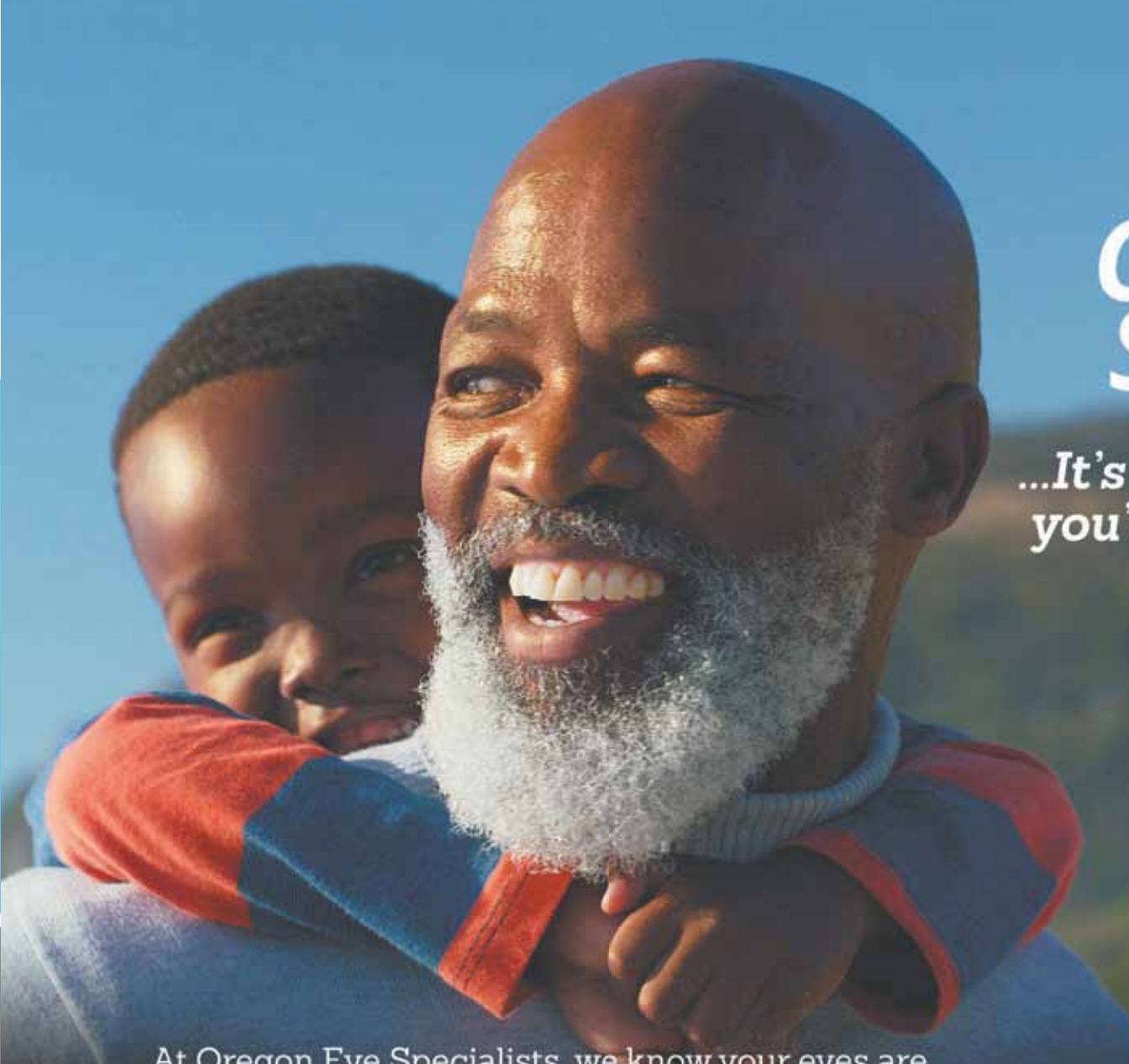
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