

Other Services

**NORTHEAST OREGON PRESCRIPTION TRAILS:** Good Shepherd is proud to present a new community health resource that will help you improve your health and fitness today! Exercise can improve quality of life and help prevent and treat numerous illnesses/ chronic conditions like diabetes, obesity, high blood pressure, and depression. The purpose of Northeast Oregon Prescription Trails program is to help community members improve their health by using exercise as medicine, while accessing our beautiful parks and trails. We work with highly knowledgeable and qualified providers, who recognize that exercise can in many cases, be just as effective as medication.

Visit [www.walkrxtrails.com](http://www.walkrxtrails.com) to find walking trails and information on how to start walking to improve your health! Call 541-667-3509 for additional information.

**GOOD SHEPHERD HEALTH SCREENINGS:** With a generous grant from the Good Shepherd Community Health Foundation, Good Shepherd Community Health & Outreach is now providing FREE screenings for A1c and Lipid levels, and Colorectal Cancer. Contact 541-667-3509 or [healthinfo@gshealth.org](mailto:healthinfo@gshealth.org) for additional information.

**GOOD SHEPHERD CAR SEAT INSPECTIONS:** Do you know if your child's car seat is expired, recalled or even the right one for them? Do you have questions about if your child's car seat is installed correctly? Good Shepherd Community Health & Outreach has several certified Car Seat Safety Technicians to perform FREE car seat inspections! Call 541-667-3509 to schedule an appointment.

**QUIT TOBACCO HELP:** Contact our tobacco cessation specialists to schedule your FREE consultation to tailor an approach to give you the best chance of success to quit tobacco. Call 541-667-3509 to schedule an appointment. \*English & Spanish counselors available\*

Support Groups



**BREAST CANCER SUPPORT:** For support and information about upcoming events and meetings

**Info:** Diane is available for phone support at 541-561-4302, any time after 4pm. Please call Shari at 541-561-7407 for phone support at any time.

**Eastern Oregon Caregiver Support Group—Virtual**  
**Dates/Time:** No specific meeting time. Anyone interested can call the hotline number below and information will be given on when a virtual meeting is available nearby.

**Info:** To register or for more details, call 800-272-3900

**CELEBRATE RECOVERY: HURTS, HABITS, AND HANG-UPS:** Helping broken people become whole by working the 12 steps and the 8 principles of recovery.

**Date/Time:** Meets every Monday, 6:00-7:30pm (dinner at 5:30pm)

**Place:** Stanfield Baptist Church: 310 E. Wheeler Ave., Stanfield OR 97875

**Info:** Contact Scott at 541-571-6886

**GRIEF SHARE:** A FREE Faith- Based grief 13-week program.

**Date/Time:** December 3–February 25. Meets every Sunday at 3pm.

**Place:** Stanfield Baptist Church: 310 E. Wheeler Ave., Stanfield OR 97875

**Info:** Contact Scott at 541-571-6886

**UNDERSTANDING YOUR GRIEF – HOPE FOR HEALING:**  
A safe place to process your grief journey because of loss (loved one, job, health, etc.). A 10-week series providing information and support to help integrate the loss into your life and move toward a place of peace and/or hope. Understanding Your Grief explores the necessity of mourning, common myths associated with grief and how grief is unique to the individual. Resources available for additional support.

**Dates:** January 17–March 20, Wednesdays  
**Time:** 5:30–7:00pm

**Place:** Good Shepherd Conference Room (by the Pharmacy)

**Info:** Registration Required. For more information, call 541-667-3509 or email [healthinfo@gshealth.org](mailto:healthinfo@gshealth.org)

**PARKINSON'S SUPPORT GROUP**

**Date/Time:** Meeting time may vary. Call Carol for more information/to register.

**Info:** To register, contact Carol Clupny at [caclupny@gmail.com](mailto:caclupny@gmail.com) or 541-720-4256

CONNEXIONS



**CONNEXIONS:** Do you need help with medical needs, healthcare coverage, accessing community resources, education on health concerns, addiction or behavioral health concerns? ConneXions is a FREE, confidential service to assist you. Call 541-667-3504 or email [healthreferral@gshealth.org](mailto:healthreferral@gshealth.org) to contact a community health worker to assist you.

Life Saving Techniques

Life Saving Techniques CPR and First Aid classes taught according to American Heart Association (AHA) guidelines. Call 541-667-3509 for info. Pre-register and pre-payment required for CPR or First Aid classes. \*Spanish CPR classes coming soon!\*

**CPR/AED & FIRST AID COMBO:** Includes adult, infant and child CPR, AED instruction and first aid basic techniques for providing assistance. A CPR/AED/First Aid take home manual provided for each participant.

**Dates:** Jan 5, Jan 19, Feb 2, Feb 16, Mar 1, Mar 15, Apr 5, Apr 19

**Times:** 9:00am–5:00pm—CPR (9:00 am–2:00pm), First Aid (2:00–5:00pm) but class times may vary

**Place:** Good Shepherd conference rooms

**Fee:** \$110.00 CPR & First Aid Combo, CPR only \$60, First Aid only \$50

**Info/Register:** Call 541-667-3509 to register for an upcoming class. Cancellation/rescheduling fees may apply.

**BASIC LIFE SUPPORT (BLS)- CLASSROOM ONLY:** This CPR class is designed for Healthcare personnel. Adult, child & infant CPR and AED instruction. Includes a BLS CPR take home manual for each participant.

**Dates:** Feb 9, Apr 12

**Times:** 9:00am–1:00pm

**Place:** Good Shepherd conference rooms

**Fee:** \$85 (includes take home manual)

**Info/Register:** Call 541-667-3509 to register for an upcoming class. Cancellation/rescheduling fees may apply.

**RED CROSS BLOOD DRIVES:** American Red Cross Blood Drives are held 3rd Monday of each month at Good Shepherd Medical Center.

**Dates:** Jan 15, Feb 19, Mar 18, Apr 15

**Times:** 11:00pm–5:00pm

**Place:** GSMC Conference Rooms 1 & 2

**Info/Appt:** To schedule an appointment call 1-800-733-2767 or visit [redcross.org](http://redcross.org)

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Health Education

JANUARY-APRIL 2024



Classes & Events

**ACT—ACHIEVE, CONQUER, THRIVE PROGRAM:** This lifestyle change program will help you achieve your health goals! Registered Dietitian Nutritionists will help you will learn how to make healthy food and activity choices, as well as other lifestyle changes, to help manage or prevent chronic health conditions and maintain a healthy weight. The program includes 8 weekly group classes, including 2 food demonstration classes, and individual appointments with one of our registered dietitians. Pre-registration required.

**Date:** Ongoing, call to reserve  
**Time:** 5:30–7:00pm  
**Place:** Diabetes & Nutrition Center  
**Fee:** \$135  
**Info/Registration:** Call 541-667-3517

**DIABETES SELF-MANAGEMENT EDUCATION AND SUPPORT:** If you’re newly diagnosed with diabetes or have had diabetes for years, we offer a series of four group classes to help you manage your diabetes and achieve your health goals. Registered Dietitian Nutritionists and Certified Diabetes Care & Education Specialists will help you learn how to make food and activity choices to reach your goals, monitor blood sugar, reduce chronic complications, manage weight, lower blood pressure and so much more! Individual appointments are also available. Call the Diabetes & Nutrition Center to get signed up/for more information and begin your health journey today! A referral from your primary care provider is required.

**Date/Time:** Ongoing, call for class schedule  
**Place:** Diabetes & Nutrition Center  
**Fee:** Insurance billed  
**Info/Registration:** Call 541-667-3517

**WALK WITH EASE:** No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation’s six week Walk with Ease program can teach you how to safely make physical activity part of your everyday life. Join us twice a week, for six weeks, to focus on low-intensity walking! Proven to reduce the pain and discomfort of arthritis, increase balance and strength, build confidence in your ability to be physically active, and improve overall health. FREE and open to all! Pre-registration required.



**Dates:** March 26–May 9, Tues/Thurs  
**Time:** 8:00–9:00am  
**Place:** In-person, call for more details  
**Fee:** \$10 for Arthritis Foundation handbook  
**Info/Registration:** Call 541-667-3509 or email [healthinfo@gshealth.org](mailto:healthinfo@gshealth.org)

**55+ HEALTHY COOKING FOR SENIORS ON A BUDGET:** Join us for this FREE class to learn how to cook healthy on a budget while learning nutrition tips and facts, for older adults 55+. Ingredients provided FREE to all participants; cooking hardware not provided. Brought to the community by a generous grant from the Good Shepherd Community Health Foundation. Pre-registration required.

**Date:** Feb 21, Apr 17  
**Time:** 2:00–4:00pm  
**Place:** Hermiston Senior Center, 255 NE 2nd St.  
**Fee:** FREE  
**Info/Registration:** Call 541-667-3509 or email [healthinfo@gshealth.org](mailto:healthinfo@gshealth.org)

**BABYSITTING BASICS 101:** For babysitters ages 10-15. Learn childcare techniques, children’s developmental stages and what to expect, basic first aid and infant and child CPR.

**Date:** March 29  
**Time:** 9:00am–3:00pm  
**Place:** GSMC Conference Center by the Pharmacy  
**Fee:** \$60, includes lunch & all class materials  
**Info/Registration:** Call 541-667-3509. Must pre-register & pre-pay. Cancellation/rescheduling fees may apply.

**LUNCH & LEARNS:** Join us for the FREE, informative, and popular lunch & learn series covering various topics focusing on healthy living. Bring your questions! Monthly topics subject to change. Call for additional topics and dates.

**Topics/Dates:**  
**January 4:** CPAPs and Home Medical Equipment by Christina Wyrick RRT  
**February:** Doula TBD  
**March:** Mental Health Awareness TBD  
**April:** Substance Use Awareness TBD  
**Times:** 12:00–12:30pm  
**Place:** Virtual or In-Person, call for more details  
**Fee:** FREE  
**Info/Registration:** Call 541-667-3509 or email [healthinfo@gshealth.org](mailto:healthinfo@gshealth.org)

**DIABETES PREVENTION PROGRAM:** Created by the CDC, the Diabetes Prevention Program is a yearlong lifestyle change program for people with pre-diabetes and/or who are at risk of developing type 2 diabetes. This course will help participants set goals, track their eating and activity, assess their progress, and solve problems. Pre-registration required.

**Date:** Starts March 26, Thursdays  
**Time:** 2:00–3:00pm  
**Place:** Virtual or In-Person, call for more details  
**Fee:** FREE  
**Info/Registration:** Call 541-667-3509 or email [healthinfo@gshealth.org](mailto:healthinfo@gshealth.org)

**TAI CHI FOR BETTER BALANCE:** 8 forms for beginners. Tai Chi improves muscle strength, balance and flexibility, all while relieving stress and improving mood and sleep! Join us for this FREE class where we will build upon our learning each week for 12 weeks total; for older adults 55+. Pre-registration required.

**Date:** February 20–May 9, Tues/Thurs  
**Time:** 10:00–11:00am  
**Place:** Hermiston Senior Center, 255 NE 2nd St.  
**Fee:** FREE  
**Info/Registration:** Call 541-667-3509 or email [healthinfo@gshealth.org](mailto:healthinfo@gshealth.org)

**BETTER BONES AND BALANCE:** Better Bones and Balance is a community-based fall and fracture risk-reduction exercise program. Developed at Oregon State University, the program incorporates lower body resistance training, impact, and balance exercises; class meets twice a week for 12 weeks. Pre-registration required.

**Date:** February 26–May 15, Mon/Wed  
**Time:** 2:00–3:00pm  
**Place:** GSMC Conference Center by the Pharmacy  
**Fee:** FREE  
**Info/Registration:** Call 541-667-3509 or email [healthinfo@gshealth.org](mailto:healthinfo@gshealth.org)

**POSITIVE PARENTING PROGRAM (TRIPLE P):** Triple P is designed to be with parents on every step of their journey, providing help and guidance to families when they need it. It aims to create supportive family environments, and to prevent, as well as treat, behavioral and emotional problems in children and teenagers.

**Topic:** Managing Misbehavior  
**Date:** January 16  
**Time:** 10:00–11:30am  
**Place:** GSMC Conference Center by the Pharmacy  
**Fee:** FREE  
**Info/Registration:** Call 541-667-3509 or email [healthinfo@gshealth.org](mailto:healthinfo@gshealth.org)

**PROGRAMA DE CRIANZA POSITIVA (TRIPLE P):** Triple P está diseñado para acompañar a los padres en cada paso, brindando ayuda y orientación a las familias cuando lo necesiten. Su objetivo es crear entornos familiares de apoyo y prevenir y tratar los problemas conductuales y emocionales de los niños y adolescentes.

**Manejo de la mala conducta.**  
**Tema:** Manejo del mal comportamiento  
**Fecha:** Febrero 16  
**Horario:** 12:00–1:30 pm  
**Lugar:** GSHCS Centro de Conferencia por la farmacia  
**Costo:** Gratis  
**Información/Registro:** Llamar a 541-667-3509 o email [healthinfo@gshealth.org](mailto:healthinfo@gshealth.org)

Medicare/SHIBA:

**MEDICARE 101:** Need help with Medicare? You’re invited to a FREE Medicare 101 event to learn about the basics of Medicare, your rights, and to receive information on Social Security and Disability.

**Date:** April 2  
**Time:** 2:00–4:00pm  
**Place:** In-Person or Virtual Good Shepherd Conference Center by the Pharmacy  
**Fee:** FREE  
**Info:** For more information, call 541-667-3509 or email [healthinfo@gshealth.org](mailto:healthinfo@gshealth.org)

**FREE HELP WITH MEDICARE:** Call today to schedule your one-on-one consultation with our certified Medicare counselors! The Umatilla/Morrow Counties SHIBA (Senior Health Insurance Benefits Assistance) Office has certified volunteers to help with Medicare questions. \*English & Spanish available.\*

**Info:** Call 541-667-3509 to schedule an appointment  
**Fee:**FREE

Events:

**YOU ARE NOT ALONE:** Substance Use, Mental Health & Behavioral Health Awareness Event

**Date:** April 27  
**Time:** 9:00am–1:00pm  
**Place:** Good Shepherd Front Lawn  
**Fee:** FREE

**Info:** For more information, call 541-667-3509 or email [healthinfo@gshealth.org](mailto:healthinfo@gshealth.org)

Commitees



**HEALTHY COMMUNITIES COALITION:** Consists of a group of community members, resource and service organizations, and healthcare providers working on health, safety, prevention and wellness strategies for our communities. Coalition subcommittees: Safe Communities, Adult Health Committee, and Workplace Wellness Committee. Join us if you’re passionate about community health, safety, and wellness! Free lunch provided!

**Dates:** Fourth Wednesday of every other month, Jan/Mar/May/Jul/Sept/Nov  
**Times:** 12:00–1:00pm  
**Place:** Virtual or In-Person, call for more details  
**Fee:** FREE  
**Info:** For more information, call 541-667-3509 or email [healthinfo@gshealth.org](mailto:healthinfo@gshealth.org)

**SAFE COMMUNITIES COMMITTEE:** FREE bi-monthly meetings to work on safety strategies for our communities such as stopping child abuse, domestic violence, bullying, traffic related or other safety related concerns. Let’s make safety a priority in our communities and put planning into action! Free lunch provided!

**Dates:** Second Wednesday of every other month, Feb/Apr/Jun/Aug/Oct/Dec  
**Times:** 12:00–1:00pm  
**Place:** Virtual or In-Person, call for more details  
**Fee:** FREE  
**Info:** For more information, call 541-667-3509 or email [healthinfo@gshealth.org](mailto:healthinfo@gshealth.org)

