

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 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, Hepatitis C, and Colorectal Cancer. Contact 541-667-3509 or 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, anytime after 4 pm. Please call Shari at 541-561-7407 for phone support at anytime.

"BETTER TOGETHER" GRIEF SUPPORT GROUP—VIRTUAL/IN-PERSON

Info: Can call-in anytime, meeting weekly. Contact Terri 509-301-2520 for time/location.

EASTERN OREGON CAREGIVER SUPPORT GROUP—VIRTUAL

Dates/Times : 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: Helping broken people become whole by working the 12 steps and the 8 principles of recovery.

Date/Time: Meets every Monday, 6:00–7:30 pm (no dinner available now)

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 program.

Date/Time: Meets every Wednesday at 6 pm. Next grief share series will start Autumn 2022.

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

Info: Contact Scott at 541-571-6886.

PARKINSON'S SUPPORT GROUP—VIRTUAL

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

Info: To register and receive call-in info, contact Carol Clupny at 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 to contact a community health worker to assist you.

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: May 6, May 20, June 3, June 17, July 1, July 15, August 5, August 19

Times: 9:00am–5:00pm—CPR (9 am –2 pm), First Aid (2–5 pm)

Fee: \$95.00 CPR & First Aid Combo
\$45.00 CPR Only
\$50.00 First Aid Only

Place: Good Shepherd conference rooms

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: June 10, August 12

Times: 9:00am–1:00pm

Place: Good Shepherd conference rooms

Fee: \$55 (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 / Times: May 16, June 20

Times: 12:45pm–5:30pm

Place: GSMC Conference Rooms 1 & 2

Info / Appt: To schedule an appointment call 1-800-733-2767 or visit redcross.org

Info: To register and receive call-in info, contact Carol Clupny at caclupny@gmail.com or 541-720-4256.

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HEALTH CARE SYSTEM

610 NW 11th St
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Health Education

MAY – AUGUST 2022

GOOD SHEPHERD
HEALTH CARE SYSTEM
Patients First. Always!

COMMUNITY HEALTH & OUTREACH: 541-667-3509
healthinfo@gshealth.org | www.gshealth.org

Classes

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 9 weekly group classes, including 2 food demonstration classes, and individual appointments with one of our registered dietitians. Pre-registration required.

Dates: TBD September
Time: 5:00–6:30pm
Place: Diabetes & Nutrition Center
Fee: \$135
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 WalkwithEase program can teach you how to safely make physical activity part of your everyday life. Join us three times 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: May 23–July 1, Mon/Wed/Fri each week
Time: 11:00am–12:00pm
Place: In-person, call for more details
Fee: \$10 for Arthritis Foundation handbook
Info/Registration: Call 541-667-3509 or email 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 ahead of time; cooking hardware not provided. Pre-registration required.

Date: April 20 and/or June 15
Time: 2:00–4:00pm
Place: Hermiston Senior Center, 435 W Orchard Ave
Fee: FREE
Info/Registration: Call 541-667-3509 or email healthinfo@gshealth.org

HEALTHY COOKING ON A BUDGET: Join us for this FREE class to learn how to cook healthy on a budget while learning nutrition tips and facts. Ingredients provided FREE to all participants ahead of time; cooking hardware not provided. Pre-registration required.

Date: Second Tuesday/month, May–August
Time: 2:00–4:00pm
Place: Virtual only
Fee: FREE
Info / Registration: Call 541-667-3509 or email 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: June 18, July 16, August 13
Time: 9:00am–3:00pm
Place: GSMC Conference Centers
Fee: \$40, includes lunch & all class materials
Info/Registration: Call 541-667-3509. Must pre-register & pre-pay. Cancellation/rescheduling fees may apply.

WELLNESS THROUGH A HOLISTIC LENS: There are many factors in life that contribute to personal wellness. Join us for this FREE class presented by Good Shepherd's Health & Wellness Coordinator, to learn how you can improve your quality of life and the various components that contribute to it, including physical health, mental well-being, relationships, workplace stressors, and much more! Pre-registration required.

Date: August 11
Time: 3:00–4:00pm
Place: Virtual or In-Person, call for more details
Fee: FREE
Info/Registration: Call 541-667-3509 or email healthinfo@gshealth.org

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

TOPICS / DATES:
May: Older Americans Month
June: National Safety Month
July: National Park and Recreation Month
August: National Breastfeeding Month
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



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/Time: TBD September
Place: Virtual or In-Person, call for more details
Fee: FREE
Info/Registration: Call 541-667-3509 or email healthinfo@gshealth.org

POWERFUL TOOLS FOR CAREGIVERS: This 6-week class gives you, the caregiver, skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. Six class sessions held once a week, led by trained class leaders. Pre-registration required.

Date: June 16–July 21, Thursdays
Time: 3:00–5:00pm
Place: Virtual or In-Person, call for more details
Fee: FREE
Info/Registration: Call 541-667-3509 or email 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. Pre-registration required.

Date: May 2–July 20, Mon/Wed each week
Time: 9:00–10:00am
Place: Hermiston Senior Center, 435 W Orchard Ave
Fee: FREE
Info/Registration: Call 541-667-3509 or email healthinfo@gshealth.org

Events

STEPS FOR SUCCESS 5K: Run, walk, or stroll into Fall with this family-friendly event. Vendors, activities, and music provided for entertainment, plus raffle prize entries for all who register.

Date/Time: TBD
Info: Call 541-667-3509 or email healthinfo@gshealth.org

FAMILY HEALTH & FITNESS DAY

Date/Time: TBD September
Info: Call 541-667-3509 or email healthinfo@gshealth.org

Medicare / SHIBA:

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

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, Senior-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 month
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

SAFE COMMUNITIES COMMITTEE: FREE 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 month
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

SENIOR-ADULT HEALTH COMMITTEE: Works as a team to address health needs throughout the community. Please join us to voice your opinions and concerns about health, safety and resources for adults of all ages in our area! Free lunch provided!

Dates: Third Tuesday of each month
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

WORKPLACE WELLNESS: Helping worksites of all sizes develop, maintain and grow a wellness focus for their employees! Help create strategies for success in presenting wellness ideas, classes, and screening opportunities!

Date/Time: TBD
Place: Virtual or In-Person, call for more details
Fee: FREE
Info: For more information, call 541-667-3509 or email healthinfo@gshealth.org