

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.

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. New program series planned to start in Autumn 2021.

Date/Time: Meets every Wednesday at 6 pm

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.

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: Sept 3, Sept 17, Oct 15, Nov 5, Nov 19, Dec 3, Dec 17

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

Place: Good Shepherd conference rooms
Fee: \$95.00 CPR & First Aid Combo
\$45.00 CPR Only
\$50.00 First Aid Only

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

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.

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: Sept 10, Sept 13, Oct 8, Oct 28, Nov 12, Dec 10

Times: 9:00 am – 1:00 pm

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.

HEARTCODE BASIC LIFE SUPPORT (BLS): (online + classroom) This CPR class is designed for Healthcare personnel. Adult, child & infant CPR and AED instruction. Online portion takes approximately 2 hours and must be completed prior to live class time. You are required to purchase & complete the online portion of the course through the American Heart Association website. (www.onlineaha.org)

Dates: Sept 24*, Oct 22*

Times: 8:00 am – 10:30 am

(*date has 2 sessions on selected days, 11:30am-2:00 pm)

Place: Good Shepherd conference rooms

Fee: \$30 (Classroom fee only. Purchase online portion separately). Cancellation/rescheduling fees may apply.

Info/Register: Call 541-667-3509 to register for an upcoming class.

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

Dates / Times: Sept 20, Oct 18, Nov 15, Dec 20

Place: GSMC Conference Rooms 1 & 2

Info / Appt: To schedule an appointment call 1-800-733-2767

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 **GOOD SHEPHERD**
HEALTH CARE SYSTEM
610 NW 11th St
Hermiston, OR 97838



Health Education

SEPTEMBER – DECEMBER 2021



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

Classes & Events

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.

In-Person Dates: Mondays, Sept 13 – Nov 8
Time: 5:00 – 6:30 pm
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 Walk with Ease 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.

In-Person Dates: Mon/ Wed/ Fri each week for 6 weeks- starting Oct 11
Time: 9:00 - 10:00 am
Place: TBD
Fee: \$10 for Arthritis Foundation handbook
Info/Registration: Call 541-667-3509 or email healthinfo@gshealth.org



HEALTHY COOKING FOR SENIORS ON A BUDGET: Join us for this FREE virtual 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.

In-Person Dates: November 17
Time: 2:00 – 4:00 pm
Place: Virtual only, call for more details
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: November 13
Time: 9:00 am – 3:00 pm
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: December 1
Time: 3:00 – 4:00 pm
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:
September 28—Community CPR/AED Training
October 5—Breast Cancer Month
November 18—Pre-Diabetes & Diabetes Overview
TBD December—Traffic Safety
Times: 12:00 – 12:30 pm
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: Starts October 12
Time: 5:30 – 6:30pm
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.

Date: October 12- November 16
Time: 3:00 – 5:00 pm
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, 6 week class where we will build upon our learning each week. Pre-registration required.

Date/Time/Place: TBD
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. Grand prize: 6-person tent! Please note, this race is not timed.

Date: October 2
Time: 8:00 am – 12:00 pm - Race begins at 9:00 am
Fee: After Sept.1, \$20 without shirt or \$25 with shirt
Info: Call 541-667-3509 or email healthinfo@gshealth.org

COMMUNITY DRIVE-THRU FLU SHOT CLINIC:

Date: October 30
Time: 8:00 am – 1:00 pm
Fee: FREE
Info: Call 541-667-3509 or email healthinfo@gshealth.org



Medicare / SHIBA:

MEDICARE BIRTHDAY PARTY: Are you turning 65 in the next year? If so, you’re invited to a Medicare Birthday Party! Join us for this FREE, fun, educational event on Medicare 101. Even if it’s not your birthday year, come join us to learn the basics of Medicare, your rights and responsibilities and information on Social Security and Disabilities. FREE event, *English & Spanish available.* Pre-Registration Required.

Date: September 7
Time: 2:00 – 4:00 pm
Place: Virtual and/or In-Person, call for more details
Fee: FREE
Info: Call 541-667-3509 or email healthinfo@gshealth.org

FREE HELP WITH MEDICARE: OPEN ENROLLMENT OCTOBER 15- DECEMBER 7! 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

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, 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 – 1:00 pm
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 – 1:00 pm
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 – 1:00 pm
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