



YOW HIGHLIGHTS-September

tillamookcountyhealthmatters.org

**HUNGER AWARENESS MONTH - Food Drive for Local Food Banks
Collection Barrels at Libraries & look for other locations throughout County**

What's Happening

FARMERS MARKETS - LAST DATES OF SEASON:

Fridays, Manzanita, 4-7 pm; Saturdays, Neskowin, 9 am - 1 pm
Tillamook, 9 am - 2 pm; Sundays, Pacific City, 10 am - 2 pm

9/9 Oktoberfest, 2nd St. Plaza, Tillamook, Noon - 6 pm

9/10 Light Up the Darkness /Suicide Awareness, Goodspeed Park, 7-8 pm

9/10 Grandparents Day

9/10 - 9/16 Assisted Living Community Week - Visit our assisted living communities - let them know you care.

9/11 Support for Healthy Hearing with audiologist Dr. Jon Brittan, Tillamook Adventist Church, 6:30 - 8 pm

9/13 Nehalem Bay House Open House – Wine, Cheese & Music 6 – 8 pm

9/13 & 14 FREE Adolescent (12-21 years) Health Exams - call Tillamook County Community Health Centers for appt. 503-842-3938

9/16 Buddy Walk at the Beach, Quatat Park, Seaside, 9am -noon

9/17 Muttzanita, Manzanita, 10 am - 3 pm

9/23 SOLVE Fall Beach & Riverside Cleanup

9/28 "I Can Take a Break" Oregon Problem Gambling Awareness

9/30 YMCA Dinner & Auction
Register at tillamookymca.org/register-ymca-auction/

Moving Well

Runs/Walks

9/23 Pelican Brewing Salmon Run, 5K & 10K, Tillamook 10 am, <http://pelicansalmonrun.com/>

9/24 Walk of Faith, 1.3 mile walk (for 2-legged & 4-legged), Tillamook Regional Med. Ctr. raising funds and awareness for Faith in Action respite care programs, 3 to 5 pm



EXPLORE NATURE - FREE - Register at explorenaturetillamookcoast.com

9/9 Emerald Necklace Walk- Sitka Wetlands, Elk Meadows, Cedar Marsh - Alder Creek Farm, Nehalem, 10 am - Noon

9/9 Railrider Pedal & Walk, Bay City, 3 - 6 pm

9/16 Growing Oysters, Netarts/Bay City/Garibaldi, 9 am - 1:30 pm

9/23 Kayak Netarts Bay -Novice, 8 - 11 am
Kayak Netarts Bay - Intermediate - 8 am - 1 pm

Living Well - CLASSES

Registration is required for most classes. Scholarships may be available for class fees. Visit the YOW website Classes page or contact partner organization for details.

9/5- 10/10 Living Well with Chronic Conditions, Tuesdays, 1:30-4 pm, Herald Center, 2710 First St. east of the Adventist Church. Register at 503-815-2270

9/5 or 9/7 CHIP Info Sessions, Tillamook Adventist Church, 6:30 – 7:30 pm
OR - 9/13 CHIP Info. Session, TMRC - 3rd floor, Noon - 1 pm
9/18 - 10/26 Complete Health Improvement Program (CHIP) begins. Register at 503-815-2270

9/7 - 28 Taking Charge of Diabetes, Thursdays, 1:30-4 pm, TRMC. Register at 503-815-2443.

9/15 Strong Women/People Class Orientation, OSU Extension, 10:30 a.m. Classes begin 9/18. Call 503-842-3433

9/20 – 11/15 - Nurturing Parenting - Wednesdays, 12 weeks, 5-7:30 pm at YMCA, Tillamook
Learn the basic practices of raising healthy, caring children and the importance of making time to nurture yourself. \$30 per adult, includes materials and light dinner. Children are welcome and childcare will be available. Contact NW Parenting to register (503) 842-8201 x 276

Did you know?

20% of problem gamblers attempt suicide*
Know the risks -
Problem Gambling vs. Social Gambling

Oregon Problem Gambling: 877-695-4648

Help for Problem Gambling is FREE, locally available.



SOS Tillamook 503-842-8201
SUPPORT • OVERCOME • STRENGTHEN
sostillamook.org

Prevention Program of Tillamook Family Counseling Center

*National Council for Problem Gambling Report 2016



tillamookyearofwellness@gmail.com • 503-842-3900x4010
Year of Wellness - PO Box 489, Tillamook OR 97141



Events are FREE unless otherwise noted. Events are SUBJECT TO CHANGE.

More YOW Highlights-September

tillamookcountyhealthmatters.org

Save the Season's Bounty

It's harvest time! Easy tips for canning, freezing, preserving at the OSU Extension Office in Tillamook with dozens of publications and resources. Pressure cookers, dehydrators and other equipment are available for public use. Call the OSU Extension Office at 503-842-3433 to reserve. For publications and information on canning, pickling and more go to extension.oregonstate.edu/community/food-preservation.

OR, call **Food Preservation hotline: 1-800-354-7319**, open through Oct. 13, Monday-Friday, 9 a.m.- 4 p.m. AND, There's an app for that: **Canning Timer & Checklist App** from OSU provides abbreviated checklists and a timer to guide users in canning vegetables, fruits, meats and fish. Intended for people with previous canning experience, the app provides reminders of essential steps in the canning process. Download the free Canning Timer and Checklist app, available for iPhones and Droids.



MEDICINE TAKE BACK LOCATIONS

Safe disposal helps ensure clean waters and safe homes in Tillamook County!

MED-DROP accepts:

- Expired/unused medicine
- Over-the-counter
- Prescriptions

At these secure locations:

Tillamook County Sheriff's Office - 5995 Long Prairie Rd.
Seven days a week,
8 am - 5 pm

Tillamook Police Dept. - 207 Madrona Ave.
Monday-Friday, 8 am - 4 pm

Rinehart Pharmacy -- 230 Rowe St., Wheeler
Monday - Friday, 9 am - 7 pm

Tillamook Pharmacy - Coming Soon!

Thermometers, sharps, syringes, IV bags, hydrogen peroxide, aerosol cans, inhalers, EpiPens and iodine will not be accepted.



Self-Care Strategies

We cannot take care of others, if we aren't taking care of ourselves – include self-care into your daily routines.

- Take one thing at a time. • Solve little problems.
- Be realistic. • Be flexible. • Adopt a positive attitude.
- Avoid over-scheduling. • Learn to relax. • Treat your body well. • Adopt a healthy lifestyle. • Eat healthy food.
- Exercise. • See your doctors regularly. • Get enough sleep as often as you can. • Take time off when you are sick.
- Watch what you are thinking. • Share your feelings.
- Talk about stress with friends and family. • Talk to a doctor, spiritual advisor, or other professional for help.
- Learn to ask for help. • Be aware of your limitations.
- Personalize your work and home environment.
- Take time for self-reflection. • Say "no."
- Limit your exposure to media (e.g., news stories, movies) that deals with sad, violent, or tragic themes.



Help & Hope

Just a Phone Call

Community Resources

Tillamook (24 hr) Crisis Line
800-962-2851 or 503-842-8201

Lines for Life - 877-968-8491 - TEXT 836869 teen2teen

Suicide Prevention Lifeline - 800-273-8255

Alcohol/Substance Abuse - 800-973-4357

Smokeyfree OR 1-800-QUIT-NOW (784-8669)

Oregon Problem Gambling: 877-695-4648
Treatment is Free www.1877MYlimit.org

Tillamook County Womens Resource Center
800-992-1679 or 503-842-9486

CARE - Emergency/Homeless Services - 503-842-5261

LGBTQ Help Line/Trevor Project - 866-488-7386

Military Helpline - 888-457-4838

Northwest Senior/Disabilities-Adult Protective Services
800-846-9165

Non-Emergency Sheriff Dept. - 503-815-1911

