



YOW HIGHLIGHTS - October

tillamookcountyhealthmatters.org

DOMESTIC VIOLENCE AWARENESS MONTH - Oct. 25 - Memorial Walk

FOOD ROOTS: October is National Farm to School Month!

Local Food Open Houses to celebrate farmers, fishers and food producers in Tillamook County at local schools; food samples, hands-on activities, school gardens tours and raffle prizes! All school district families welcome.

Oct. 10 - Nehalem Elementary School, 6-7 pm

Oct. 12 - South Prairie Elementary School, 6-7 pm

Oct. 18 - Nestucca Valley Elementary School, 6-7 pm



What's Happening

10/2 Walk with Ease program begins, OSU Extension

10/5 Circle of Security: Equipping Children to Thrive, TBCC, 9:30 am – 4 pm

RSVP- cosp_tillamook.eventbrite.com

10/7 Neskowin Valley School Harvest Festival, 10 am – 5 pm

10/7 Lower Nehalem Community Trust Harvest Festival
Alder Creek Farm, Nehalem, Noon – 4 pm

10/12 Trigger Point Release Class, Graceful Waves Chiropractic, Wheeler, 6:15-7:15 pm, Free

10/14 Senior Prom, Elks Club 1-4 pm, RSVP required to NW Senior Disability Services 503-815-2016

10/14 Food Roots Pie Night, Pacific Restaurant, 2nd & Main, Tillamook 7 – 9 pm

10/18 Medicare 101, Kiawanda Community Center, Pacific City, 9 – 10:30 am
Medicare 101, Bay City Hall, 5525 B Street, 2 – 3:30 pm

10/19 Great American Shakeout – earthquake drill, 10:19 am, Tillamook Library

10/19 Taking a Brain Break w/Robin Rose, Tillamook Library, 5:30-7:30 pm; RSVP - sosrobinrose.eventbrite.com

10/20 Robin Rose Speaker Series, Leaving it at the Door: Professional Resilience, 9 am - Noon, TBCC
Smiling and Nodding: Working with Challenging People, 1- 4 pm, TBCC; RSVP - sosrobinrose.eventbrite.com

10/23 Light Up the Darkness Suicide Awareness, Goodspeed Park, Tillamook, 6 - 8 pm

10/24 Doc Talk, Breast Cancer: Early Detection Saves Lives, LaLonnie Hurliman, RN, Tillamook Main Library, 6 - 7 pm

10/27 Marie Mills Center Open House, Tillamook, 5 - 7 pm



Moving Well

Runs/Walks

10/25 - NOON- Memorial Walk to honor victims and survivors of intimate partner violence. Start at Tillamook County Womens Resource Center, 1902 2nd St., Tillamook, and finish at the Memorial Tree in Carnahan Park.



EXPLORE NATURE - FREE - Register at explorenaturetillamookcoast.com

10/14 Mushroom Walk, Sitka Wetlands, Nehalem, 10 am – Noon

10/14 Bird Viewing & Birdhouse Building, Nestucca Wildlife Refuge, TEP 9 am – Noon

10/14 Geology Netarts Bay, Friends of Netarts Bay WEBS, 9 am – 1 pm

10/15 Mushroom Walk, Tillamook Forest Center, 11 am – 3 pm

10/21 Birding on the Bay, Netarts Community Center, Friends of Netarts Bay WEBS, 10 am – 1 pm

10/21 Winter Gardening Walk & Talk, Food Roots, Tillamook, 1 – 4 pm

10/28 Mushroom Walk, Kilchis River County Park, 9 am – 12:30 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.

10/5 – 11/16 Active Parenting - Thursdays 5-7:30 pm, NCRD
Join other parents to learn about child development, age-appropriate behavior, increase techniques to redirect difficult behavior, and reduce stress in the family. Cost is \$30 per adult and includes materials and light dinner. Child Care available 5 yrs. + only.
Register with: Jill Vansant 503-842-8201 x 276

10/12-11/16 Chronic Pain Self Management - Thursdays, 1:30 -4 pm, Herald Center, 2710 First St. , Tillamook
Register at 815-2270

10/14 Kayak Tillamook Wet Exit/Re-Entry Class, \$30/person, 1 – 4 pm, YMCA Pool - 503-842-9622 ext. 108

10/17 – 11/21 Savvy Caregiver-Dementia Care Training, Tuesdays, 10 am – Noon, NWSDS, Register at 503-815-2062



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 - October

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Protect Your Health

Did you know that 1 in 8 women will be diagnosed with breast cancer in her lifetime? Many forms of cancer are preventable.



Reduce Risk Of Breast Cancer:

- Maintain a healthy weight;
- Stay physically active;
- Eat fruits and vegetables;
- Do not smoke; Avoid tobacco
- Limit alcohol consumption.

Have An Early Detection Plan

Early detection provides the greatest possibility for successful treatment. When breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 100%. An Early Detection Plan includes performing monthly breast self-exams, regularly visiting your doctor for scheduled clinical breast exams, and following your healthcare provider's recommendations for mammograms, which will depend on your age and health history.

Although rare, men can develop breast cancer too and should perform self-checks and visit their doctor if they have concerns.

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.

Did you know?
City Parks & Property in Manzanita and Wheeler are Smoke/Vape-Free.
THANK YOU!

Now everyone can breathe easier!



SOS Tillamook
SUPPORT • OVERCOME • STRENGTHEN
Prevention Program of Tillamook Family Counseling Center

503-842-8201 ext.270
sostillamook.org



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

Smokefree 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



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