



# YOW HIGHLIGHTS - November

[tillamookcountyhealthmatters.org](http://tillamookcountyhealthmatters.org)

## Honoring VETERANS



11/3 Veterans Stand Down, Tillamook County Fairgrounds, 10 am – 2 pm  
11/11 Veterans Day presentation, Tillamook Air Museum, 11 am  
11/11 Oregon Military History presentation with Alicia Hamil, Tillamook Pioneer Museum, 1 pm

**11/18 Veterans Mental Health First Aid training** for adults (18+ years old) 8 am - 5 pm, TPUD Training Room 1115 Pacific Ave. Tillamook. Preregistration required. Fee waivers available! To register or to request fee waiver and/or late registration, a flyer/syllabus, or to get other questions answered, call Mary Ann Dearborn, LCSW, Tillamook Family Counseling Center, 9a-5p, M-F, at 503-842-8201 or 800-962-2851, Ext. 246; maryann@tfcc.org

## What's Happening

- 11/2 Fall Prevention & Home Safety Conference, Officer's Mess/POTB, 9:30 am - 3 pm, NW Senior Disability
- 11/4 FFA Dinner & Auction, Tillamook Fairgrounds, 6 pm
- 11/6 Healthcare Information Fair, Rinehart Clinic, bilingual, Bay City Community Center, Noon -1 pm or 6:30 - 7:30 pm
- 11/8 Health Insurance Enroll, Rinehart Clinic at NCRD, 3 - 6 pm
- 11/12 - 11/18 Recycle Awareness Week
- 11/13 Medicare 101, NW Senior Disability Services, 10 am - Noon
- 11/15 Collective Art Exploration & Art Expression Reception, Art Accelerated Gallery (1906 Third St.), 5-6 pm
- 11/16 Great American Smokeout
- 11/16 Medicare 101, OSU Extension, 10 am - Noon
- 11/16 Community Conversations: Bounce or Splat - Emotional Literacy for Any Age, 5:30 – 8 pm
- 11/18 Mook Book Fair, Local authors featured at sale, Tillamook County Pioneer Museum, 10 am - 2 pm
- 11/18 Open Mic at Yo Time, sponsored by Art Accelerated, 6:30 - 8:30 pm
- 11/21 Health Insurance Enrollment, Tillamook Library, 3 - 6 pm
- 11/24 Holiday Kids Craft Fair, Pine Grove Community House, Manzanita, 5 - 8 pm



Tillamook Regional Medical Center

## Diabetes & You

FREE Seminars, Information & Resources

**Nov. 7th - 9:30 am - 3 pm**

Lunch provided

Adventist Church, Lower level, 2610 First Street, Tillamook

RSVP 503-815-2443



November 16th - Great American Smokeout

Set a quit date

Make a plan to become tobacco-free.

Local help and support are available.

Covered by insurance.

Talk to your doctor about options.



When you're ready to quit tobacco, call 1-800-QUIT-NOW (1-800-784-8669) or go to [www.quitnow.net/oregon/](http://www.quitnow.net/oregon/)

## Community Conversations



## Bounce or Splat?

Emotional Resilience at Any Age

**Nov. 16 - 5:45 - 8 pm**

**Tillamook County Library**

Training certificates & OCK CEU's

REGISTER ON-LINE at: [bouncesplat.eventbrite.com](http://bouncesplat.eventbrite.com)

Contact DeAnna Pearl - 503-842-8201 x270



## SOS Tillamook

SUPPORT • OVERCOME • STRENGTHEN

Prevention Program of Tillamook Family Counseling Center



[tillamookyearofwellness@gmail.com](mailto: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.



## 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](http://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

## MEDICINE TAKE BACK LOCATIONS

### 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



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



## Walk this Way ...

Indoor walking options include:

### OSU Extension Walk with Ease (WWE) Program

Developed by the National Arthritis Foundation, it is open to anyone wanting to start a walking program. Options include:

**1 – Instructor guided 18 session (6 week) program.** Each session includes a “lecturette,” stretching and time for walking, beginning with 10 minutes at the start of the series to 30 minutes at the end of the series. Led by Nancy Kershaw. Leader training available for new groups. Contact OSU Ext for session dates, (503) 842-3433.

**2 – Self-paced program.** Participants receive book and walk on their own. They receive periodic emails from OSU about walking. Register: <http://extension.oregonstate.edu/fch/walk-with-ease>

### 3 – New “virtual” Walk with Ease program offered quarterly.

Participants sign up and attend virtual sessions with the instructor via Zoom, meeting 2-3 times weekly. Meeting time is set according to participant’s schedule and can be done via phone or computer. Participants walk on their own three times per week.

To register: <http://extension.oregonstate.edu/fch/walk-with-ease>

### Tillamook County Fairgrounds

Monday, Wednesday, Friday from 9:00 a.m. – 12:00 noon

Location: Balcony of Main Exhibit Hall

\$20 fee per quarter; October – December 2017; Cash or check payable to Tillamook County Fairgrounds.

Participants must: Sign a liability waiver at the Fairgrounds office; Sign the attendance form in the Fairgrounds office each time you walk; Complete a Walk with Ease enrollment form.

As a safety precaution, it is recommended that participants have a walking partner or be accompanied by another adult when using this facility.

**YMCA Indoor Track** - open regular hours of the YMCA



**EXPLORE NATURE - FREE - Register at**  
[explorenaturetillamookcoast.com](http://explorenaturetillamookcoast.com)

11/4 Rain Forest Walk, Tillamook Forest Center, 11:30 am

11/11 Salmon Super Hwy. Walk, Mapes Creek/Bay City,  
Tillamook Estuaries Partnership, 10 am - 12:30 pm

11/18 & 11/19 Salmon Release, Jones Creek, Tillamook  
Estuaries Partnership, 11:30 am & 1:30 pm - 2:30 pm

11/25 Salmon Watch Hike, registration required for more  
information, Tillamook Bay Watershed Council

## Living Well - CLASSES

11/18 Kayak Tillamook Wet Exit/Re-Entry Class, \$30/person,  
1 – 4 pm, YMCA Pool - 503-842-9622 ext. 108

