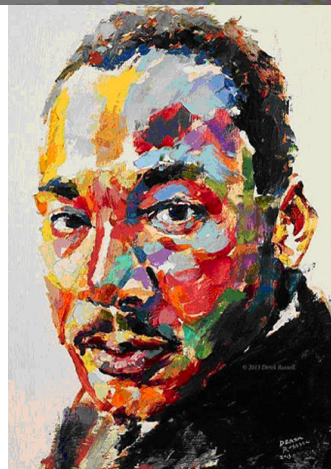




What's Happening

- 1st Polar Plunge Manzanita/Neah-Kah-Nie Beach – 11 am
Cape Lookout State Park, Day Use Area (fee waived!) - 8 am
- 1st Start 2018 with FREE Oregon State Parks First Day Hikes. 20 parks are hosting 24 hikes on Jan. 1, 2018. HIKE TIMES VARY - for list/registration - www.bit.ly/ParkStoreEvents
In Tillamook County, hike Cape Lookout starting at noon or in Oswald West, hike Short Sands Beach to Kramer Memorial starting at 10 am. Or explore State Parks to the north or south - with hikes at Fort Stevens to Sunset Beach on the Fort to the Sea Trail or Boiler Bay south of Lincoln City. Spend your first day of the New Year enjoying our great outdoors!
- 4 Light Up A Life – Reading of the Names, Tillamook Main Library, Copeland/Hatfield Rooms, Noon – benefits Tillamook Hospice Services
- 6 High School SAFE Committee E-Waste/Styrofoam Collection at local Transfer Stations
- 6 “Wetlands – Seasons of the Mind” Movie Screening benefit for Lower Nehalem Community Trust (LNCT) at Hoffman Center, 7 pm
- 11 Measure 101 Healthcare for All Informational Forum, TBCC, 5:30 - 7 pm
- 12 Kate & The Crocodiles Concert, NCRD Performing Arts Center, Nehalem, 7 pm, admission charge
- 18 SOS Tillamook Community Conversation, “Offering Hope: Suicide Intervention 101, OSU Extension Office, 5:30 pm
- 23-25 Tillamook County Community Health Centers Well Child Exams for 3-6 year olds, No out of pocket cost, \$5.00 subway gift card, swag bag, and coloring contest with a chance to win fun prizes
- 27 Emergency Volunteer Corps, Preparedness Fair, Nehalem Bay Fire & Rescue Station 13, 10 am – 3pm
- 27 North County Pie Day, to benefit Food Roots & White Clover Grange, White Clover Grange, Hwy. 53, Mohler, 2:30 pm
- 28 Spaghetti Feed Fundraiser for Eugene Schmuck Foundation, Big Wave Cafe, Manzanita, 5 pm
- 31 Homeless Connect - Services for homeless including meal, clothing, tents, sleeping bags, dental checks, vet checks, haircuts and more, Sacred Heart Catholic Church, 2-5 pm

2nd Annual Dr. Martin Luther King Jr. Celebration Power of Love



**Oregon Coast Love Coalition
Martin Luther King Jr. events
Jan. 13-15**

13 - Movie Viewing “No Joke!”
When people like each other, the rules change; Meal, discussion to follow, Nehalem Bay Methodist Church, 4 to 7 pm

14 - “Unsung Heroes” Production
Monologues share the stories, music of people in the civil rights movement. Hoffman Center, Manzanita, 6 – 8 pm

15- Day of Service & Community Lunch - With Habitat for Humanity, help those in our community who may need assistance - Ramps & Rails or Brush with Kindness programs. Community service, followed by lunch by Jake Burden from Offshore Grill at Nehalem Bay United Methodist Church, 8:30 am – 3:30 pm. **For information about volunteering, please contact Cami Aufdermauer at 503-842-7472.**

YOW Focus on Diabetes in 2018



KNOW YOUR NUMBERS ...

**Do you know your A1C? Blood Pressure?
Cholesterol?**

Time for an annual checkup to keep your numbers at healthy levels.

Living Well-CLASSES

“Be Your Own Best Medicine” CHIP (Complete Health Improvement Program) Lifestyle Medicine focused on whole-person health.

1/9 and 1/11 – Info Sessions, 11 am - Noon,
TRMC, 3rd Floor Conference Room

1/22 – 3/1 Mondays, Tuesdays, Thursdays, 10:30 am – 1:15 pm
includes lunch

For information, to register, call 503-815-2270

Optimize Your Brain – Program to maximize your intellectual and emotional intelligence

1/16 – Introduction & registration – 6:30-7:30 pm

Tuesdays, 1/23 – 2/27 – 6:30-8:30 pm, Adventist Church, 2610 First St., lower level

For more information contact Adventist Health 503-815-2270





More YOW January 2018

tillamookcountyhealthmatters.org

OSU Extension Variety of Classes for Kids & Adults

YOUTH CLASSES:

REGISTER ONLINE AT: <http://bit.ly/Tillamook4-H>

- Cloverbud (K-3rd) Art Exploration •Art Expression 4th grade & up •Art & Journaling 6th-8th grade
- Knitting Workshop 4th Grade & up
- Downtown Mural Project for Middle & HS Students – Sat., Jan. 13 - Feb. 17, 10:30 am-12:30 pm 6th-12th grades.

ADULT CLASSES:

REGISTER ONLINE AT: <http://bit.ly/TillamookFamilyHealth>

- Express yourself with Acrylics •Express yourself through Writing •Express Yourself! Smashing Plates & Give New Life to the Shards

Master Gardener - Classes for 12 weeks. Enroll now!

Introduction January 11th; Registration at

<http://extension.oregonstate.edu/tillamook/what-master-gardener-program>

For more information, OSU Extension Service, 503-842 3433, or <http://extension.oregonstate.edu/tillamook>.

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.

7 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



NOT ACCEPTED: Thermometers, sharps, syringes, IV bags, hydrogen peroxide, aerosol cans, inhalers, EpiPens and iodine

Help & Hope Just a Call...

Community Resources



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

Suicide Prevention Lifeline - 800-273-8255
Lines for Life - 877-968-8491 - TEXT 836869 teen2teen

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

Smokefreeoregon.com 800-QUIT-NOW (784-8669)

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

NWSenior/Disabilities-Protective Services 800-846-9165

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



Walk this Way ...

INDOOR walking options:

OSU Extension Walk with Ease (WWE) Program

1 – Instructor guided 18 session (6 week) program. Contact OSU Ext for session dates, (503) 842-3433.

2 – Self-paced program.

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, 2-3 times weekly, set according to participant's schedule, 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 am - 12 noon

Location: Balcony of Main Exhibit Hall

\$20 fee per quarter; 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; Day use fee non-members



Tillamook Library

Jan. 22, 26 & 29

12:30-1:30 pm



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

