

FootNotes

Summer 2009

The Quarterly Newsletter of Murray Memorial Library

Online Textbooks at samlib.com

Traditional medical textbooks in print still are a mainstay of any library and the Murray Memorial Library is no exception. Our collection of textbooks in hardcopy encompasses both a Consumer Health collection and clinically oriented collections organized by medical disciplines.

The Medical Library Gateway provides a growing collection of electronic medical textbooks all organized by clinical discipline. Through subscriptions and open access, the complete book can be accessed with a few keystrokes. You will find illustrations, diagrams, charts and graphs, and references. Our existing collection of online textbooks comes primarily through [MDConsult](#) and [STAT!-Ref!](#) with a smattering of others. All are fully searchable by using the Index or typing a few keywords into the book's search box.

So, what advantage can you get from online textbooks? Simply put, samlib.com allows for access from wherever you may be – especially timely in rural or remote environments. The collection of online textbooks supports the clinical management, research, and educational information needs within our network of healthcare providers; physicians, nurses, allied health professionals, and administrators.

If you find this experience challenging do not despair, there are [Tutorials and Tips](#) available. When in doubt, look for the Help link on any site to find assistance or contact the library staff. Please keep in mind that when accessing subscription resources from outside our SHS network, a username/password will be required. This can be obtained by contacting library staff at 541.768.6200.

Summer is Here – get ready quickly & easily

Are you ready for the summer season? We are located in one of the most beautiful parts of Oregon and many of us find ourselves heading outside to enjoy the sunshine and warm temperatures. Whether you want to take a hike in the Cascades or walk the beaches of the Oregon coast, taking the time to prepare will make the time spent outside more enjoyable and safer. Prior to any exercise program you may be considering undertaking, it is imperative that you consult with your physician or healthcare provider to ensure you are ready and able to begin and exercise-related program.

Using a simple set of online resources you too can be ready for enjoying this wonderful time of the year. One of the simplest and helpful methods of getting into shape is walking. It helps reduce stress while providing a method of exercise that takes little time or monetary investment. The American Heart Association has created a nice guide [Start! Summer Walking Guide](#) to get you started and is available from the [Start! Walking for a Healthier Lifestyle](#) website you will find under the **Exercise and Fitness** section of the [Consumer Health Information](#) page.

Another site you will find under the **Exercise and Fitness** section of the [Consumer Health Information](#) page that will get you walking and building a healthier lifestyle is the AARP

website [Step Up to Better Health](#). You will have access to articles on health and fitness, fun to prepare recipes, and numerous other health-related resources culled from the Internet.

Did You Know That...?

Samlib.com has a page with resources whereby you can locate just about any news source on any continent in almost any format. Our [Online News Sources](#) page provides links to the major newspapers, radio stations throughout the United States, online sites of major broadcast networks. Sometimes you want to read the news or listen to it. This page provides the ways and means to do just that!

Welcome New Medical Residents!

The Murray Memorial Library would like to welcome our new residents to Samaritan Health Services and Good Samaritan Regional Medical Center. We are pleased to add Medical residencies' to our already existing Pharmacy residency program. We are ready to assist clinical staff with all their library needs. Feel free to stop by or contact us at 541.768.6200.

Need To Find Something on samlib.com?

When looking for something specific on the Medical Library Gateway, try our [SEARCH THIS SITE](#) Google search tool. This is a great place to begin when searching for an online resource not knowing where to look. Simply type a keyword into the search box to see if there may be a resource you can avail yourself of or not. If you cannot find what you were looking for, take a moment to either call us at 541.768.6200 or send us an email. You can do that by our Request Form or look under the Contact Us page at the top of our online pages.

Remember, we are always ready to help!