

FootNotes

SPRING 2013, QUARTERLY NEWSLETTER – THE LIBRARIES OF SAMARITAN HEALTH SERVICES

New SHS Library is Ready and Waiting!

Samaritan Lebanon Community Hospital now has a dedicated library space for staff and patients (and yes, their families). This new addition to the Libraries of Samaritan Health Services will be staffed on Tuesday and Wednesday from 10:00am – 2:00pm as we begin our service to you.



Kudos go out to our Librarian at SAGH Douglas Hambley who had volunteered to take on the responsibility for creating the inviting environment which will be found when at the library. With assistance from GSRMC Librarian Stefani Sackinger and Manager – Library Services Ken Willer, the SLCH library is now a reality. Also, this could not have come to fruition without the support and assistance from a number of people at SLCH. The library staff would like to thank both SLCH CEO Becky Pape and VP-Nursing Wendie Wunderwald for their great dedication to

providing the space. We would also like to acknowledge the assistance provided by both Arlen Emmert and Michael Martin for helping to get the library space operational.

Contacting a Samaritan Librarian is still easy and accessible. Simply email us at info@samlib.com to contact one of us. The telephone number for our new location is 81-7173 or when outside our telephone system 541-258-7371.

Requesting Articles Through the Library

If a publication is not available in hardcopy in one of our libraries or via www.samlib.com, library staff can order virtually any journal article or book chapter (or the whole book) you may need for your research.

The easiest and perhaps the most expeditious way to do that is to use the Information / Materials [Request Form](#) found on the Medical Library Gateway (www.samlib.com). To get started fill out the contact information. Then, choose from the drop-down menu of the *Request Type* you want by filling in each of the information boxes, providing us with as much pertinent information as possible. Lastly, fill out the Captcha Box information you see and click on the *Send Email button*. One of the Library staff will contact you upon receipt of the request.

That's it, you're done!

ABOG List for April, 2013 is Ready and Available!

The second of the three [ABOG Reading List - General with Specialties](#) for 2013 finally has been updated. The reading list for April, 2013 was compiled late by the ACOG but has finally arrived and is presented on two pages which can be found on the [Clinical Medicine/Specialties](#) page under the [Obstetrics and Gynecology](#) section of the [Medical Library Gateway](#).

Practicing Obstetricians and Gynecologists who may be looking to ensure their re-certification can click on the ABOG link for the most current reading lists. If you missed any of the past reading lists click on the [Index](#) to previous ABOG Reading Lists; listings are from 2009 to current. Contact any of your libraries for any assistance you may need.

How Much Physical Activity Do You Need?

This is a question I am sure we not only ask ourselves but also our friends and family. Not to worry though, your questions have now been answered with the CDC's [Division of Nutrition, Physical Activity, and Obesity \(DNPAO\)](#) reissuing the guidelines that have not been updated since 2008.

Research studies have shown that regular physical activity is one of the most important things you can do for your health. The [Physical Activity for Everyone](#) section of this site is full of tips and useful information in making regular physical activity an integral part of your own health

plan. This includes not only the physical activity and mental health planning to reduce stress, but also diet and nutrition tips to maintain a healthy well being.

If you are not sure about becoming active or what level of physical activity may be best suited for you, there is good news. Something as simple and easy to do is take that brisk walk and remember, start slowly and increase incrementally only as you feel it to be right for you! Always check with your primary care provider prior to starting any physical activity. The benefits of some physical activity greatly outweigh not doing anything at all. Speaking of benefits, this may be a perfect time to explore the options available from [SamFit](#) membership.

Summer is almost here, what better time to plan and get moving.

Library Survey Thank You

Our library staff would like to thank all of you who took the time to take and complete our short survey. We had a return of over 10% of Samaritan Health Services' employees take a few moments out their busy schedules to tell us how they find information.

Visit or contact SHS libraries:

Murray Memorial Library at GSRMC - 541.768.6200
Stanley K. Davis Library at SAGH - 541.812.4446
Medical Library at SLCH - 541.258.7371 (TUE & WED)

Email - info@samlib.com