

FootNotes

SUMMER 2015, QUARTERLY NEWSLETTER – THE LIBRARIES OF SAMARITAN HEALTH SERVICES

Outside Activities Are Heating Up in May

Everyone can benefit from physical activities, regardless of age and body type. The benefits of getting regular physical activity of just 30 minutes or more each day is one of the most important things you can do for your health. May is National Physical Fitness and Sports month.

Children and adolescents can improve muscular fitness and bone density, and heart health with regular physical activity. As adults, physical activity can lessen the risk of heart disease, type 2 diabetes, and even some types of cancer! And if you are an older adult, your risk of falls can improve while some of your cognitive functioning improves (you know, learning and judgment skill levels) along with your physical activity.

Get started by taking “small steps”. These can be as simple as getting together with a friend and making an exercise date together. Then as you make this plan, find something that interests you and that “exercise buddy” which you can both agree on. Make sure that it is at a comfortable level, developing the hang of your “new” regimen, and add more activity each time you exercise. You’ll find yourself exercising more and really enjoying how it makes you feel!

Get started now as it is never too late to prepare. If you are interested in joining a health and fitness facility, contact [Samaritan Health Services](#) and inquire about our own [SamFit](#) health facilities with their convenient [locations](#).

The month of May also is Melanoma/Skin Cancer Detection and Prevention month. When outside in the sun, you must continue to protect yourself from the sun’s exposure. Skin cancer can almost always be cured when it’s found and treated early. Get to know the facts and protect yourself using many of the cancer resources which you can find on our [Consumer Health Information](#) page under [Cancer](#).

Keeping Current with the Issues in Healthcare

Though healthcare continue to be in a constant state of flux, you can keep current with the many issues, events, and developments that abound. To that end, we may just have a newsletter that covers it all! [FierceHealthcare](#) has been covering the many ongoing trends and issues surrounding the delivery of healthcare in the ever-changing environment. Up to the minute coverage of breaking stories, events, and issues are made available here through wire service news feeds along with dissemination of these stories through researched commentary keeping those interested informed and up to date. You can be alerted to something in your area of interest by setting up an email alert from [FierceHealthcare](#).

Look for this information resource and many others under News Sources and Journals Online on the [Administrative & Management](#) page of the [Medical Library Gateway](#).

Bibliographic Citation Formats (Still) Matter

Previously presented in an earlier issue of *FootNotes*, numerous requests concerning “how to cite references in a paper” have been asked by many. Therefore, let us present it again:

When writing an article for a school assignment or for publication, you want to create a list of references used in the construction and make up of your written item. There are many different styles and manuals to guide you through the process of creating an organized list of these references, known as a bibliography.

We identified some of the newest and perhaps, some of the better online tools to assist you in citing material that you used in your paper. Best of all, they’re **FREE!**

BibMe

This free automatic citation creator supports MLA, APA, Chicago, and Turabian formatting. BibMe will format the citation information and compile a bibliography according to the guidelines of the style manuals. If you prefer, you can enter your citation information manually. BibMe also features a citation guide that provides students with the style manuals' guidelines for citing references.

EasyBib

Billing itself as a literacy platform providing citation, note taking, and research tools that are easy-to-use and educational, it is fast, accurate, and comprehensive all while helping you learn how to become effective and organized researchers.

NoodleTools

This website offers free versions of its many products for those who need just a few citations and not an entire source list. The NoodleTools Express is (excuse the pun, here) expressly for this “short compilation” and for the exhaustive list of citations. MLA, APA, and Chicago/Turabian formats are available in this **FREE** version.

You will find these in the [REFERENCE SECTION](#) of our [Online Textbooks](#) page.

Evidence-Based Practice Tools

If the previous *FootNotes* piece on Evidence-Based Medicine did not surprise you as to how often we hear that practicing evidence-based medicine is the time involved in locating then critically evaluating the evidence, then informing you that there is a page on the Medical Library Gateway devoted to various EBM tools may elicit that surprise.

The [Evidence-Based Practice Tools](#) page was designed for clinicians who want to incorporate the best available evidence-based resources with their own personal skills and expertise.

Coverage includes numerous subscription-based resources along with numerous freely accessible tools. When offsite, access to subscription-based resources is available but contact the library for the username/password to gain that access if it is not available on the Library Badge.

Welcoming the New Residents and Medical Students!

The Libraries of Samaritan Health Services are preparing to welcome all of our new residents and Medical Students to Samaritan Health Services upon their arrival in late June. The library staff at all three of our libraries will be ready to assist with all their information needs. It is hoped that they will feel free to stop by any of the libraries located at our hospitals in Corvallis, Albany, and Lebanon. Our three locations and telephone numbers are listed at the end of this newsletter.

When You Can't Make It to One of Our Libraries

Can't get to the library? Simply head to the [Library Page](#) on the SHS Insider (Samaritan employees only have access to this internal site) where the Library resources and information can be found. Don't forget, the same website pages are available when offsite at www.samlib.com, affording the opportunity for access when time allows, though username/password access will be required.

Tutorials and Tips

As we continue migrating more of our resources to online, you may find many differences with each of these electronic products and the site where they reside. So, how does one get started and perhaps, make the most of their valuable time as they research their topic?

Our [Tutorials and Tips](#) page provides links to our electronic resources directly from the vendor. Many provide self-paced materials on our key databases and subscription resources. In addition, there is a PowerPoint presentation on researching a topic on the Medical Library Gateway (www.samlib.com) in a step-by-step instruction utilizing the many resources available to you from your desktop or mobile device.

Take a moment to have a look then get started using the various online resources Samaritan Health Services provides all of you to use.

Visit or contact SHS libraries:

Murray Memorial Library at GSRMC - 541.768.6200 / 80-6200

Stanley K. Davis Library at SAGH - 541.812.4446 / 82-4446

Medical Library at SLCH - 541.451.7173 / 81-7173