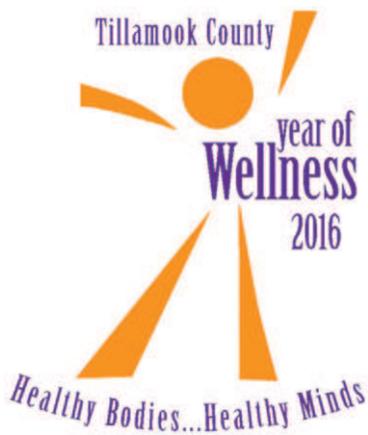


*Featuring artwork by
Tillamook County
elementary students*

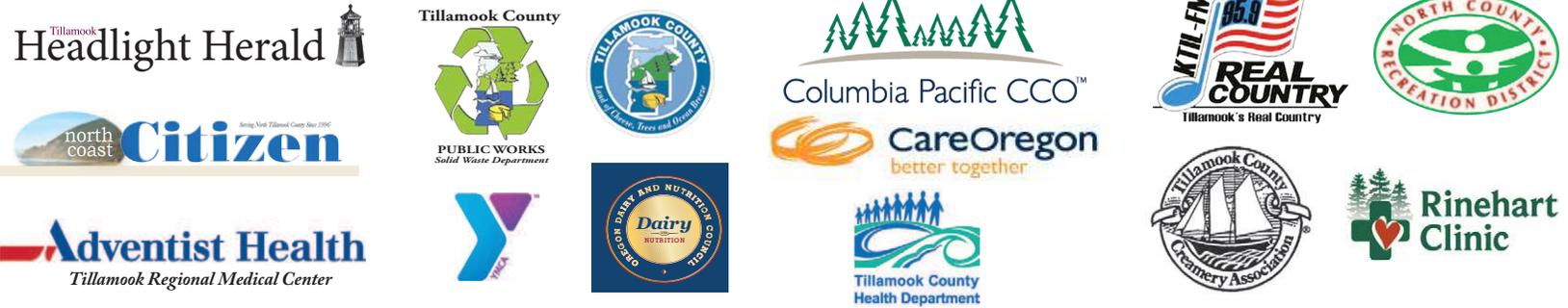
Year of Wellness

A special publication of
Headlight Herald & Tillamook County Solid Waste 



We envision that all Tillamook County residents, especially children, will improve their nutrition and movement habits for an improved quality of life. Through a comprehensive community approach, we can make Tillamook County a healthier, happier place. Are You In? Together, we are the solution.

Year of Wellness Sponsors:



Community driven wellness provides the support we all need to lead healthier lives. Whether you want to improve your eating habits, complete a 5K or quit smoking once and for all, the Year of Wellness empowers you to achieve your goals. Stay motivated by accessing community events, tracking your individual goals and participating in team competitions. This is not just another fitness tracker, this is your new normal. Are you in? Join the Wellness Challenge by signing up your business/organization as a team or compete as an individual online at tillamookcounty-healthmatters.org, or pick-up the print version at one of many distribution points: NCRD, YMCA, OSU Extension, Tillamook Family Counseling Center, or your local library branch.

NUTRITION/Seasonal Focus

You get out what you put in. Make healthier food choices to prevent disease and feel better. Each month of the YOW calendar features vegetables, fruits and proteins that are locally "in season." Buying seasonally, produce tastes better and costs less. The Headlight-Herald, North Coast Citizen, and YOW website will feature recipes and tips about the "seasonal focus." Consider making family meals a regular habit during your Year of Wellness. YOW recommendations follow USDA guidelines.

PHYSICAL ACTIVITY/Monthly Movers

Getting more exercise can be fun. There are great resources right here in Tillamook County to help you get more active, learn new skills and expand your social network. Each month, the YOW will feature at least one local business that provides health and fitness related programming in our community. By visiting these organizations you can learn more about their services and how you and your family can participate in them. Each time you visit a Monthly Mover, you can enter a raffle to win a \$25 Visa gift card. Additionally, visits to our Monthly Mover partners qualify you for bonus points in the on-line and in-print Wellness Challenge. No more excuses. It's time to get moving!

SmokeFreeOregon.com

Combined with poor nutrition and lack of physical activity, tobacco use is one of the leading causes of preventable death. Let's work toward a smoke-free and tobacco-free Tillamook County!



THE CHALLENGE

We all can make small changes to become healthier. Track your health choices and record your progress in these categories – nutrition, physical activity, water intake, sleep, and tobacco use. When you participate in community events and programs, you earn competition points. Compete as an individual or as part of a team to earn prizes!

- NUTRITION** – You are what you eat. YOW will introduce seasonal vegetables and foods with easy recipes and tips for ways to make healthier choices.
- PHYSICAL ACTIVITY** – Exercise improves heart health, lung function, prevents bone loss and reduces depression. YOW will give you easy ways to get moving.
- WATER INTAKE** – Replace sweetened beverages with water to help prevent type 2 diabetes. Drinking more water aids digestion and improves brain health.
- SLEEP** – Getting enough sleep at night is critical to mental performance and life-long health. Prevent weight gain and improve your immune function by getting more Zzz's.
- TOBACCO USE** – Quitting tobacco use saves money, prevents lung disease/cancers, and could save your life.

Community Partners

Great things happen when a broad-based group of citizens comes together with a common goal -- to improve the health of their community. The Year of Wellness (YOW) is led by a volunteer Task Force made up of a diverse group of health

partners from throughout Tillamook County. Four subcommittees meet regularly to identify area needs and how the YOW can best meet them. These include: Nutrition, Physical Activity, Messaging & Marketing, and Tobacco.

Our goal is to increase awareness of what constitutes a healthy lifestyle and provide the access and motivation necessary to adopt new behaviors. We want all of our citizens and visitors to know their health matters!

To date, the following individuals and organizations have generously given of their time and resources to make the Year of Wellness possible

YEAR OF WELLNESS TASK FORCE – Appointed by Tillamook County Commissioners

Suzanne Weber, City of Tillamook
 Nancy Knopf, Columbia Pacific CCO/CARE Oregon
 Kim Lyon, Northwest Regional ESD
 Stacie Zuercher, Northwest Senior & Disability Services
 Anne Goetze, Oregon Dairy & Nutrition Council
 Hallie Hopkins, OSU Extension Service, SNAP-Ed
 Nancy Kershaw, OSU Extension Service, Tillamook County
 Marge Jozsa, The Rinehart Clinic/North County Liaison
 Bill Baertlein, Tillamook County
 Shelly Ward, Tillamook County Creamery Association
 Kaylan Sisco, Tillamook County Family YMCA
 Marlene Putman, Tillamook County Health Dept. & Center for Family Health
 DeAnna Pearl, Tillamook Family Counseling Center
 Mark Bowman, Tillamook Regional Medical Center
 David Butler, Tillamook Regional Medical Center
 Rachel Williamson, Tillamook School District No. 9

YOW Adjunct/Staff

Connor Dixon, AmeriCorps VISTA, Tillamook County
 Laura Swanson, Headlight-Herald/North Coast Citizen
 Joell Archibald, Oregon Health Authority
 Ginny Gabel, Tillamook Regional Medical Center
 Michelle Jenck, Wholly Healthy LLC

Adventist Health CHIP
 Katie Gardner, AmeriCorps VISTA, Food Roots
 Matt Lyon, Attorney at Law, Trails Coalition Liaison
 Dance Zone
 Elevate Yoga Studio
 Dana Zia, Food Journalist
 Joel Caris, Food Roots
 Sarah Skinner, Food Roots, Farm to School
 Marc Hinz, Kayak Tillamook County
 Shaena Peterson, KTIL AM & FM, KRKZ & Oldies 105.5
 Neal Lemery, Mentor/Retired Judge
 Steven Cangelosi, North County Recreation District
 Deborah Skidmore, North County Recreation District
 Oregon Coast Dance Center
 Melissa Carlson-Swanson, Oregon Food Bank-Tillamook County
 Joell Archibald, Oregon Health Authority
 James Becraft, Public Health Consultant, Tillamook County

Roby's Fitness Center
 Andrea Goss, Running Clubs Liaison
 Marla Hawley, Sodexco Food Services
 Sue Lenzi, South County Liaison
 Spa Manzanita
 Kalli Swanson, Student, Neah Kah Nie High School
 Rex Metcalfe, The Warehouse Gym
 Justin Aufdemauer, Tillamook Area Chamber of Commerce
 Connie Green, Tillamook Bay Community College
 Kelly Benson, Tillamook County Family YMCA
 David Harper, Tillamook County Family YMCA
 Dawna Roesner, Tillamook County Health Dept, WIC
 Sara Charlton, Tillamook County Libraries
 David McCall, Tillamook County Solid Waste
 Sue Owens, Tillamook County Solid Waste

Heather Brown, Tillamook County Women's Resource Center
 Tillamook Design & Marketing, LLC
 Sarah Dentel, Tillamook Early Learning Center
 Eva Manderson, Tillamook Early Learning Hub
 Julie Chick, Tillamook Estuaries Partnership
 Lisa Phipps, Tillamook Estuaries Partnership
 Dustin Young, Tillamook Family Counseling Center
 Tillamook Forestry Center
 LaLonn Hurliman, Tillamook Regional Medical Center
 Sue Phillips-Meyer, Tillamook Regional Medical Center
 Kerrin Swanson, Tillamook Regional Medical Center
 Tillamook School of Dance
 Vicky Mata, Translator
 Yoga Roots Studio

***EVENT DATES/TIMES SUBJECT TO CHANGE.** Check with event sponsor or YOW website www.tillamookcountyhealthmatters.org to confirm. date/time/location.

**** Event to be held at Tillamook Transfer Station** 1315 Ekloff Rd, Tillamook, OR 97141.
 Registration and appointment necessary. For more information contact Tillamook County Solid Waste, 503-815-3975

ChooseMyPlate.gov – Make Healthy Choices

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Reduce sodium/salt and sugar.
- Drink water instead of sugary drinks.
- Make half your plate fruits and vegetables.
- Make half your grains whole grains.
- Be active!



FoodHero.org – go-to site for recipes & tips

Food that's fast, fun & fits your budget



- Healthy Recipes
- Shop Smart
- Kid Friendly
- Focus on Health
- Food Storage
- Cool Tools

Produced by:

Tillamook Headlight Herald

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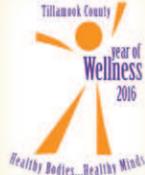
Tillamook County Parks Department

Your Vacation Destination

Reserve at reservations.co.tillamook.or.us or call 503-322-3522

HAPPY NEW YEAR!!
 Make your camping reservations
 for the upcoming year

2016 annual parking passes are available



Seasonal Focus

- Beets
- Grapefruit
- Spinach
- Mustard

Eat these foods more

- Veggies & fruits
- Whole grains
- Milk, cheese, yogurt

Monthly Mover

- The Warehouse
- OSU Extension - Strong Women



Ready to quit tobacco?

Call 1-800-QUIT-NOW (1-800-784-8669) or go to www.quitnow.net/oregon/

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
December S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	February S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	YOW – Are You In? Year of Wellness Challenge SESSION 1: 1/1/16-3/25/16 • Register: January 1-4				1 Polar Plunges* Manzanita Beach 11 a.m. Oceanside Beach 10 a.m. Other locations TBA <hr/> <i>New Year's Day</i>	2 Year of Wellness Kick-off Events at Tillamook County Library All Branches*
3	4	5	6	7	8	Headlight-Herald Bridal Showcase 9 10 a.m. – 5 p.m. Tillamook County Fairgrounds Dr. Neil Nedley Seminars Healthy Brain, Healthy Emotions Tillamook Adventist School	
10	11	12	13	14	15	16	
Headlight-Herald Bridal Showcase 10 a.m. – 5 p.m. Tillamook County Fairgrounds		Women's Club of Manzanita-North County Noon Pine Grove Community House*		Lower Nehalem Watershed Council Speaker Series 6:30 - 8:30 p.m. Pine Grove Community House, 229 Laneda Ave, Manzanita			
17	18	19	20	21	22	23	
	<i>Martin Luther King Jr. Birthday</i>					North County Pie Day White Clover Grange, 36585 Highway 53, Nehalem	
24	25	26	27	28	29	30	
Community Gathering – On Living & Dying 31 Hosted by Shelly Bowe & Richard Jones, Fairview Grange 2 – 5 p.m.		North Tillamook Library Lovers' Dinner Big Wave Café, Manzanita Tillamook Bay Watershed Speaker Series & Council Meeting 6:30 - 8:30 p.m. Tillamook County Library, Hatfield Room		Master Recycler Class TBCC North Campus	Master Recycler Class TBCC North Campus	Master Recycler Class TBCC North Campus	

Need Help?



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Prestige Senior Living, L.L.C.

Prestige Senior Living Five Rivers

- Senior Retirement Living
- Assisted Living
- Respite Care

503-842-0918

3500 12th Street
Tillamook, OR

I am healthy when I exercise
like dance! And eat healthy to!



February 2016

Beyonce, Grade 3, S. Prairie

Visit our website for updates, links and other resources www.tillamookcountyhealthmatters.org

Comfortable, Quality Assisted Living at Nehalem Bay House & Kilchis House

Non-profit, locally-owned and managed communities with unique living experiences for our treasured senior citizens. Providing peace of mind that loved ones receive professional, compassionate care—just like family.



Kilchis House
www.kilchishouse.org
503-842-2204



Nehalem Bay House
www.nehalembayhouse.org
503-368-6445

Come by for a
tour today, or
call for more
information.



Jammel, Grade 3, S. Prairie

March 2016

Visit our website for updates, links and other resources www.tillamookcountyhealthmatters.org

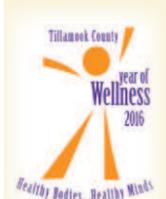


“Over half of Tillamook County Parents took the time to talk to their kids about gambling.”

Oregon Health Teen Survey, 2014

Know the facts about the impacts of problem gambling on youth.

www.1877MYlimit.org



Seasonal Focus

- Radishes
- Asparagus
- Cabbage
- Cauliflower
- Eggs

Healthy Beverages

- Water
- Milk
- 100% juice

Monthly Mover

- Tai Chi Free age 60+
- NCRD
- YMCA
- Hebo Fire Station



Ready to quit tobacco?
Call 1-800-QUIT-NOW (1-800-784-8669) or go to www.quitnow.net/oregon/

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOW — Eat Healthy.		1 Women's Club of Manzanita-North County "Back in Time" Celebrate 82 years of Women's Club Noon Pine Grove Community House*	2 Early Childhood Screening Fair Tillamook County Fairgrounds*	3 Early Childhood Screening Fair Tillamook County Fairgrounds*	4 Early Childhood Screening Fair Tillamook County Fairgrounds* <hr/> Conditionally Exempt Generator (CEG) Collection (appointment required)**	5 Bulls & Barrels at the Beach Tillamook County Fairgrounds 11 a.m.* <hr/> Household Hazardous Waste Collection
		6	7	8	9 Ash Wednesday	10 Lower Nehalem Watershed Council Speaker Series 6:30 - 8:30 p.m. Pine Grove Community House, 229 Laneda Ave, Manzanita
13 Daylight Savings Starts	14	15	16 Adventist Health Wellness Screenings 7:30 - 9 a.m. YMCA <hr/> Kick Butts Day*	17 Saint Patrick's Day	18	19 South County Pie Day Location TBD
20 Palm Sunday	21 Tillamook County Schools Spring Break	22 Tillamook County Schools Spring Break	23 Tillamook County Schools Spring Break	24 Tillamook County Schools Spring Break	25 Tillamook County Schools Spring Break <hr/> Good Friday	26 SOLVE Beach Clean Up <hr/> YOW Challenge Registration Session 2 - 3/26-3/31
27 Easter	28	29 Tillamook Bay Watershed Speaker Series & Council Meeting 6:30 - 8:30 p.m. Tillamook County Library, Hatfield Room	30	31	February S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	April S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Parents, Are You In?
**Month of the
Young Child**

Want Better Skills?
Want to Know More?
Meet with Other Parents?

Contact



www.nworparenting.org
(503) 842-8201 x 276



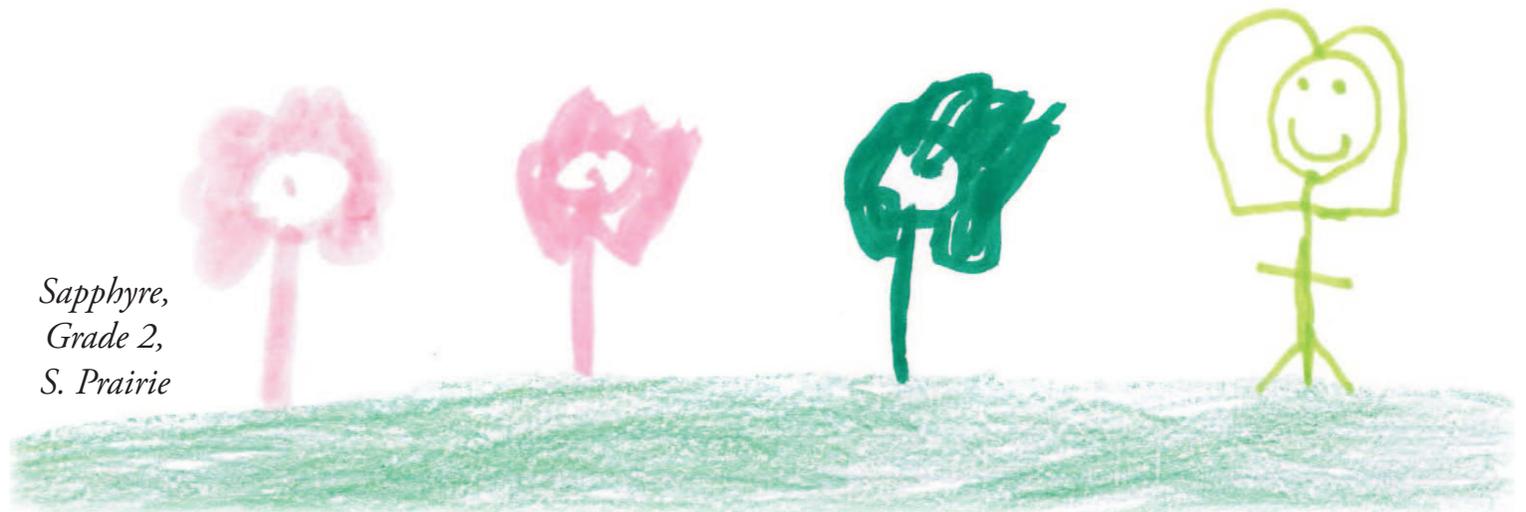
www.northwestelc.org
(503) 842-8423

*Healthy Parenting
is Prevention!*

I resikle!



April
2016



*Sapphyre,
Grade 2,
S. Prairie*

Visit our website for updates, links and other resources www.tillamookcountyhealthmatters.org



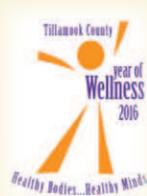
Rinehart Clinic

Your Family Health Clinic

"Compassionate Community Care"

Now Accepting New Patients at:

230 Rowe St
Wheeler, Or 97147
503-368-5182



Seasonal Focus

- Rhubarb
- Peas
- Chard
- Clams

Make food tasty & healthy

- Bake, grill, broil
- Less sodium, no salt added
- Food Hero.org recipes

Monthly Mover

- Kayak Tillamook
- OSU Extension - Walk with Ease



Ready to quit tobacco?
Call 1-800-QUIT-NOW
(1-800-784-8669)
or go to www.quitnow.net/oregon/

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																					
<p>March</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S		1	2	3	4	5		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			<p>May</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<p>YOW — Family Time.</p> <p>YOW Wellness Challenge SESSION 2: 4/1/16 - 6/24/16 • Register: March 26-31</p>				<p>1</p> <p>NOCS Winter 2016 concert "Symphony at Sunset" 7 p.m. NCRD in Nehalem</p> <hr/> <p><i>April Fools' Day</i></p>	<p>2</p>
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<p>3</p> <p>Glenn Miller Orchestra 4 p.m. Don Whitney Auditorium, THA</p> <p>NOCS Winter 2016 concert "Symphony at Sunset" 3 p.m. Cannon Beach Community Church</p>	<p>4</p>	<p>5</p> <p>Women's Club of Manzanita-North County Noon Pine Grove Community House*</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p> <p>Headlight-Herald Home & Garden Show Tillamook County Fairgrounds</p>																																																																																					
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<p>24</p>	<p>25</p>	<p>26</p> <p>Tillamook Bay Watershed Speaker Series & Council Meeting 6:30 - 8:30 p.m. Tillamook County Library, Hatfield Room</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p> <p>Spring Classes OSU Extension Service</p> <hr/> <p>Lower Nehalem Community Trust Alder Creek Farm</p> <p>Plant Sale 9 a.m. - Noon</p> <hr/> <p><i>Mexico's Day of the Child</i></p>																																																																																					



**It's NEVER
too late to
offer hope!**

**Tillamook (24 hour)
Crisis Line:**
(800) 962-2851

Youth Lines for Life:
(877) 968-8491

Text Youth Line:
836869 teen2teen

Suicide Prevention Lifeline:
(800) 273-8255

Alcohol & Substance Abuse
Help Line
(800) 973-4357

I am Healthy when I am
in natcher...!

**May
2016**



*Yukon,
Grade 2,
NCRD*

Visit our website for updates, links and other resources www.tillamookcountyhealthmatters.org



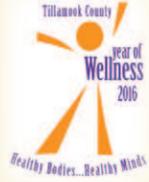
Tillamook County Parks Department

Your Vacation Destination

Reserve at reservations.co.tillamook.or.us or call 503-322-3522

HAPPY MEMORIAL DAY!!

The summer camping season has officially begun, come camp with us



Seasonal Focus

- Artichokes
- Seaweed
- Broccoli

Learn what is in foods

- Read food labels
- Simple ingredient lists
- Watch for added sugars & salt

Monthly Mover

- Roby's Fitness Center
- Spa Manzanita



Ready to quit tobacco?

Call 1-800-QUIT-NOW (1-800-784-8669) or go to www.quitnow.net/oregon/

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Women's Club of Manzanita-North County Spring Luncheon Noon Pine Grove Community House*	4	5 <i>Cinco De Mayo</i>	6 National Children's Mental Health Awareness Day	7 CARE Bowl-a-thon Household Hazardous Waste Collection Nehalem Bay Garden Club Plant Sale 9 a.m. - 1 p.m. Nehalem Old Fire Station TC Master Gardeners Plant Sale 9 a.m. - 2 p.m.
8 <i>Mother's Day</i>	9	10	11 "The Amazing Brain: Part 2" Speaker Series 5 - 7 p.m. Sponsored by Tillamook County Community Advisory Council Columbia Pacific CCO	12 Lower Nehalem Watershed Council Speaker Series 6:30 - 8:30 p.m. Pine Grove Community House, 229 Laneda Ave, Manzanita	13 CARTM Trash Art Show	14 CARTM Trash Art Show Tillamook County Women's Resource Center Soup Bowl @ Old Mill Event Center, Garibaldi*
15 CARTM Trash Art Show	16	17	18	19	20 NCRD Yoga Weekend Workshop w/Brad Waites NOCS Spring 2016 concert "Dvorak & Smetana" 7 p.m. Performing Arts Center, Astoria	21 NCRD Yoga Weekend Workshop w/Brad Waites National Prevention Week* <i>Armed Forces Day</i>
22 NCRD Yoga Weekend Workshop w/Brad Waites NOCS Spring 2016 concert "Dvorak & Smetana" 3 p.m. @ Rockaway Community Church	23	24	25	26	27	28 North Tillamook Library Friends Book Sale
29	30 <i>Memorial Day</i>	31 Tillamook Bay Watershed Speaker Series & Council Meeting 6:30 - 8:30 p.m. Tillamook County Library, Hatfield Room	YOW — Think Positive.		April S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	
					June S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	

June Dairy Parade

June 25, 2016

Sponsored by



June 17, 2016

GoTillamook.com



animals help you

June 2016

farm house



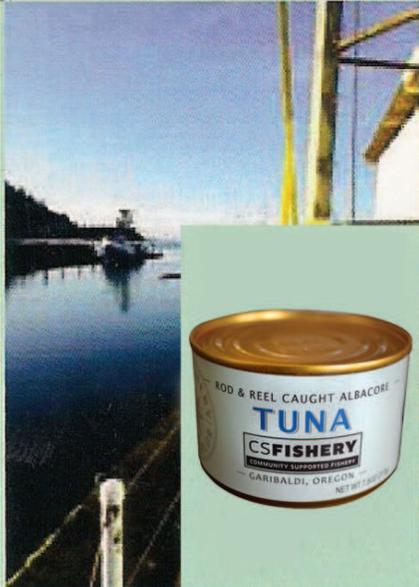
Jab,
Grade 3,
S. Prairie

Visit our website for updates, links and other resources www.tillamookcountyhealthmatters.org

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Maya, Grade 3, Private entry

Visit our website for updates, links and other resources www.tillamookcountyhealthmatters.org



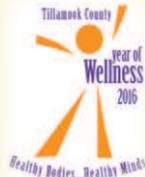
Tillamook County Parks Department

Your Vacation Destination

Reserve at reservations.co.tillamook.or.us or call 503-322-3522

HAPPY 4TH OF JULY

Come camp and celebrate with us



Seasonal Focus

- Green beans
- Blueberries
- Baby root veggies
- Fennel
- Peaches

Eat whole grains

- Try brown rice
- Bake with whole wheat flour
- Choose 100% whole-grain

Monthly Mover

- Tillamook Forestry Center
- OR Coast Dance Center



Ready to quit tobacco?

Call 1-800-QUIT-NOW
(1-800-784-8669)
or go to www.quitnow.net/oregon/

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
June S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	August S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	YOW — Get Outdoors! YOW Wellness Challenge SESSION 3: 7/1/16-9/23/16 • Register: June 25-30				1	2
3	4 <i>Independence Day</i>	5	6	7	8	9 Relay For Life Tillamook County Fairgrounds Household Hazardous Waste Collection	
10 Relay For Life Tillamook County Fairgrounds	11	12	13	14	15	16	
17	18	19	20	21	22	23 26th Annual North County Recreation District Manzanita Beach Walk/Run	
24	25	26	27	28	29	30	
31							

Tillamook County Family Health Centers

Is your child ready to
start school?

**Bring them in for a
Healthy Child Exam**

Visit Includes:

- Dental/Vision Exam
- Lab Testing
- Immunizations
- Nutrition Screening
- Wellness Exam/Sports Physical
- Developmental Exam

**With Three Clinic Locations
to serve you better:**

**Tillamook
Rockaway Beach & Cloverdale**

1-503-842-3900

1-800-528-2938

TTY 1-800-735-2900

Call for your appointment today!

We accept:

Medicaid, Medicare, ODS,
Private Insurance, VA Insurance



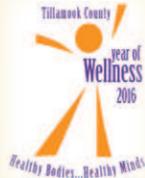
August 2016

Joelyn, Grade 1, Liberty

Visit our website for updates, links and other resources www.tillamookcountyhealthmatters.org



North County Recreation District | 503.368.7008 | online at ncrd.org
 Activities for Adults, Youth & Families | Aquatics Center | Fitness Center | Theatre | Yoga



Seasonal Focus

- Corn
- Cucumbers
- Kohlrabi
- Tomatoes
- Zucchini
- Blackberries/Elderberries

Dairy every day

- Drink milk with meals
- Snacks yogurt & cheese

Monthly Mover

- Adventist Health CHIP Classes
- Hike/Bike the Spit



Ready to quit tobacco?

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 (1-800-784-8669)
 or go to www.quitnow.net/oregon/

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOW — See You at the Fair. 1	2	3	4	5	6	Household Hazardous Waste Collection
7 Cedar Creek Childcare Beach Challenge Pacific City 9 a.m.	8	9	Tillamook County Fair Adventist Health Wellness Screenings 10 a.m. – 1 p.m. “The Amazing Brain: Part 2” Speaker Series <small>Sponsored by Tillamook County Community Advisory Council, Columbia Pacific CCO</small> Huckleberry Health Fair	Tillamook County Fair Adventist Health Wellness Screenings 10 a.m. – 1 p.m. Huckleberry Health Fair	12	13 Tillamook County Fair
14	15	16	17	18	19	20
	Clean Up the World	Clean Up the World	Clean Up the World			Tillamook Bay Run
21	22	23	24	25	26	27
28	29	30	31		July S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	September S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
		TBWC Annual Picnic & Site Tour Anderson Hill Park, Tillamook				



Annual Dinner
and Auction
September 24th



Reserve your tickets
to help the Y
continue to serve
Tillamook County



Tillamookymca.org
503-842-9622

September 2016



Gideon, Grade K, Liberty

Visit our website for updates, links and other resources www.tillamookcountyhealthmatters.org



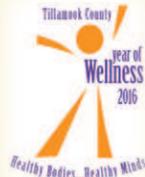
Tillamook County Parks Department

Your Vacation Destination

Reserve at reservations.co.tillamook.or.us or call 503-322-3522

HAPPY LABOR DAY!!

Come and enjoy the start of the fall fishing season while you camp with us



Seasonal Focus

- Peppers
- Eggplant
- Tomatillos
- Honey
- Pears
- Salmon

Half plate fruits & veggies

- Choose red, orange, dark-green
- Think salad & soup
- Canned & frozen

Monthly Mover

- Tillamook School of Dance
- Youth Sports Sign-ups



Ready to quit tobacco?

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
August S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	October S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	YOW – Time for Annual Checkup.			1	2	3
4	5 National Suicide Prevention Week <i>Labor Day</i>	6 National Suicide Prevention Week	7 National Suicide Prevention Week	8 National Suicide Prevention Week	9 National Suicide Prevention Week	10 Ultimook Cross Country Races Zweifel Family Farm	
11 National Suicide Prevention Week	12	13	14	15	16	17 Mudd Nick Foundation Golf Tournament/Dinner/ Auction Manzanita GC & NCRD Cape Kiwanda Longboard Classic Moments Surf Co. Pacific City Sammy's Place Buddy Walk[®] at the Beach at Quatark Park in Seaside	
18 Nehalem Bay Garden Club Farm to Table Feast North Fork 53 Cape Kiwanda Longboard Classic Moments Surf Co. Pacific City	19	20	21	22	23	24 CARTM Trashion Show & Upcycle Party <i>World Rivers Day</i>	
25 YOW Challenge Registration September 24-30	26	27 Tillamook Bay Watershed Speaker Series & Council Meeting 6:30 - 8:30 p.m. Tillamook County Library, Hatfield Room	28 Master Recycler Class TBCC Tillamook Campus	29 Master Recycler Class TBCC Tillamook Campus <i>Oregon Problem Gambling Awareness Day</i>	30 Conditionally Exempt Generator (CEG) Collection (appointment required)** Master Recycler Class TBCC Tillamook Campus		



October is

Breast Cancer Awareness Month

*Early detection
saves lives.*

Schedule a
mammogram today:

503-815-2292



1000 Third St., Tillamook
adventisthealth.org/trmc



Miriam, Grade 1, Liberty

Visit our website for updates, links and other resources www.tillamookcountyhealthmatters.org

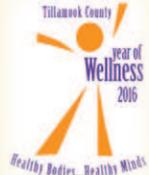


Tillamook County Parks Department

Your Vacation Destination

Reserve at reservations.co.tillamook.or.us or call 503-322-3522

Come and camp in one of our cozy cabins and book your favorite sites for next 4th of July



Seasonal Focus

- Carrots
- Pumpkin
- Cabbage (sauerkraut)
- Mushrooms
- Venison
- Apples
- Yogurt/Dairy

Focus on fruits

- Have fruit with meals
- Choose whole fruit, not juice
- Shop at farmers markets

Monthly Mover

- Dance Zone
- Elevate Yoga



Ready to quit tobacco?

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
September S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	November S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	YOW — Early Detection Saves Lives. YOW Wellness Challenge -- Session 4: 10/1/16-12/23/16 Register: September 24-30					Lower Nehalem Community Trust 1 14th Annual Harvest Festival at Alder Creek Farm Noon - 4 p.m. 35955 Underhill Lane, Nehalem Household Hazardous Waste Collection
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
<i>World Mental Health Day</i>	<i>Columbus Day</i>		Adventist Health Wellness Screenings 9 - 10 a.m. North Coast Home Care	Lower Nehalem Watershed Council Speaker Series 6:30 - 8:30 p.m. Pine Grove Community House, 229 Laneda Ave, Manzanita		Triathlon at Happy Camp Netarts	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31	Tillamook Bay Watershed Speaker Series & Council Meeting 6:30 - 8:30 p.m. Tillamook County Library, Hatfield Room					

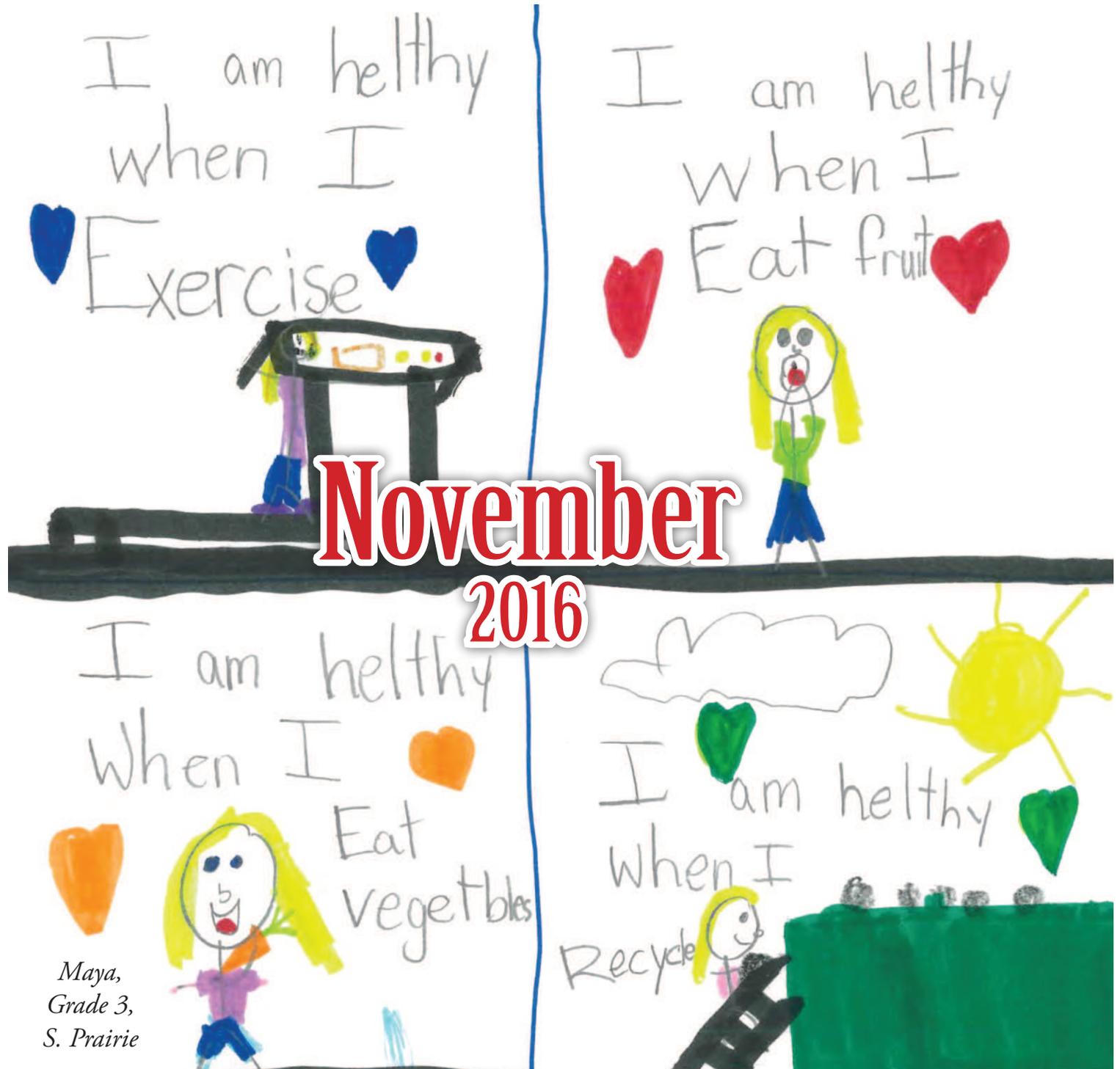
**Check out all
that the
Tillamook
Air Museum
has to offer!**

- Hangar B
- Aircraft Collections
- Exhibit Hall
- Theater
- Museum Store 
- Air Base Café
- Kid's Play Area
- Event & Meeting Space
- Catering

**After your tour,
enjoy a stop at our
Air Base Café!**



503-842-1130
www.tillamookair.com
info@tillamookair.com



*Maya,
Grade 3,
S. Prairie*

Visit our website for updates, links and other resources www.tillamookcountyhealthmatters.org



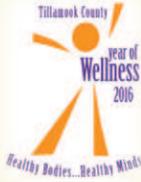
- Emergency & Homeless Services
- Healthy Families
- Assisted Living Communities (Nehalem Bay House & Kilchis House)
- Community Development

Your local non-profit organization working to alleviate the effects of poverty in Tillamook County.

Community Action Resource Enterprises Inc.
Doing the Right Thing in Tillamook County

www.careinc.org

2310 First St, Suite 2, Tillamook, OR 97141
503-842-5261 • Fax 503-842-5821



Seasonal Focus

- Sweet potatoes
- Celery
- Spinach
- Cranberries

Make Mealtime Happen

- Cook together
- Eat together
- Talk together
- Share mealtime

Monthly Mover

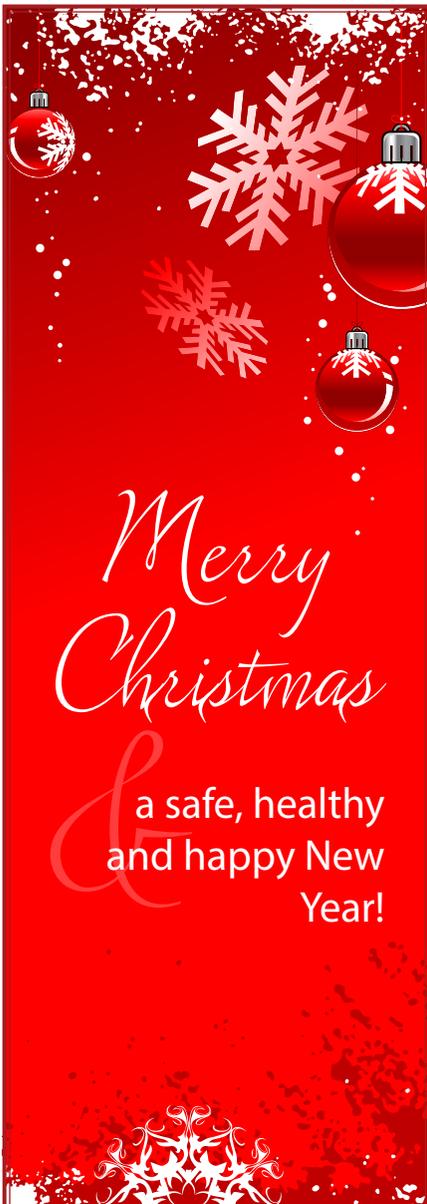
- Yoga Roots Manzanita
- Join a walking/running club



Ready to quit tobacco?

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	December S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2	3	4	5
6	7	8	9	Diabetes & You Annual Seminar Adventist Health Lower Nehalem Watershed Council Speaker Series 6:30 - 8:30 p.m. Pine Grove Community House, 229 Laneda Ave, Manzanita	11	Women's Club of Manzanita/No. County 6th Annual Craft, Gift, Bake Sale 10 a.m. to 4 p.m. Pine Grove Community House 225 Laneda, Manzanita
Daylight Savings Ends		Election Day			Veterans Day	
13	14	15	16	17	18	19
		Oregon Recycle Awareness Week America Recycles Day	Oregon Recycle Awareness Week	Oregon Recycle Awareness Week	Great American Smokeout Oregon Recycle Awareness Week	Oregon Recycle Awareness Week
20	21	22	23	24	25	26
Oregon Recycle Awareness Week	Oregon Recycle Awareness Week	Oregon Recycle Awareness Week		Thanksgiving	Black Friday	
27	28	29	30	YOW — Breathe Easier.		
		Tillamook Bay Watershed Speaker Series & Council Meeting 6:30 - 8:30 p.m. Tillamook County Library, Hatfield Room				



Merry
Christmas

& a safe, healthy
and happy New
Year!

Adventist
Health

1000 Third St., Tillamook
adventisthealth.org/trmc



December
2016

Reese, Grade 1, Liberty

Visit our website for updates, links and other resources www.tillamookcountyhealthmatters.org



Tillamook County Parks Department

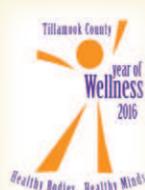
Your Vacation Destination

Reserve at reservations.co.tillamook.or.us or call 503-322-3522

MERRY CHRISTMAS!!

Have you thought of a camping gift certificate or an Annual Parking Pass as a gift idea?

Call and buy yours today



Seasonal Focus

- Healthy baking
- Potatoes
- Onions
- Turnips
- Pomegranate
- Crab

Go to ChooseMy-Plate.gov

- Use SuperTracker
- Find out what you need
- Make a plan for health

Monthly Mover

- Complete Beyond YOW Survey online or at Libraries for prizes.



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October S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	December S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	YOW — Onto a LIFE of Wellness.			1	2	3
4	5	6	7	8	9	10	
	World Soil Day		Pearl Harbor Remembrance Day				
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
			First Day of Winter			Hanukkah begins in evening	
25	26	27	28	29	30	31	
Christmas Day	Christmas Day (Observed)					New Year's Eve	

Tillamook County Solid Waste Supports

The 2016 YEAR OF WELLNESS

There are many aspects to living a healthy lifestyle; eating good foods; getting plenty of sleep and exercise; and thinking good thoughts. Another way to promote a healthy lifestyle is to take care of the environment we live in. We can do this by **REDUCING** the amount of waste we create by not buying so much stuff to begin with; and then, **REUSING** as much as we can; and finally **RECYCLE** what we can of what is left.

Being healthy and protecting our natural resources starts with us! Let's work on it together!



Reduce. Reuse. Recycle.

City Sanitary

Service

2303 11th St.
Tillamook
(503) 842-6262

Manzanita

Transfer Station

34995 Necarney Rd
Manzanita
(503) 368-7764

Pacific City

Transfer Station

38255 Brooten Rd
Pacific City
(503) 965-6898

Tillamook

Transfer Station

1315 Ekloff Rd
Tillamook
(503) 842-4588



For more information about recycling or hazardous waste disposal, call (503) 815-3975 or visit our website at www.co.tillamook.or.us/gov/solidwaste
503 Marolf Loop, Tillamook, OR 97141



Local
Postal Customer

PRSR1 STD
ECPWSS
U.S. POSTAGE
PAID
EDDM RETAIL