

Urgent care? ER? 9-1-1? Know who to call and when

By MOJGAN MOHANDESI, M.D.

When you are sick or in pain, it can be hard to know where to turn. Learn the difference between the emergency room (ER) and urgent care clinics right now, so you have that information at your fingertips later.

Unless you have a life-threatening emergency, please start with your doctor's office. They know your health history and can help choose the right tests and treatments.

Our clinic is set up for same-day appointments, but we can also arrange a visit at Salem Hospital Convenient Care—or help you decide if the ER is the best option. Staffs at any medical clinic will quickly help sort everything out when you call, including getting you into a clinic as quickly as possible.

The Salem Clinic also follows this approach and has an urgent care clinic in Keizer. But what if you need help when your doctor's office is closed?

If your problem is not life-threatening and you can't see your regular doctor right away, call the nearest urgent or convenient care clinic. They should see you on the same day you make the appointment. They have X-ray and lab services like a hospital, but often without the long wait time or expense of going to the ER.

Urgent/convenient care clinics are a good first stop for those suffering from flu symptoms, minor burns, cuts needing stitches, strain/sprain, vomiting among situations that require immediate attention.

If your symptoms come on gradually, or have had similar symptoms before, try getting a same day appointment with your primary care provider because they have your history.

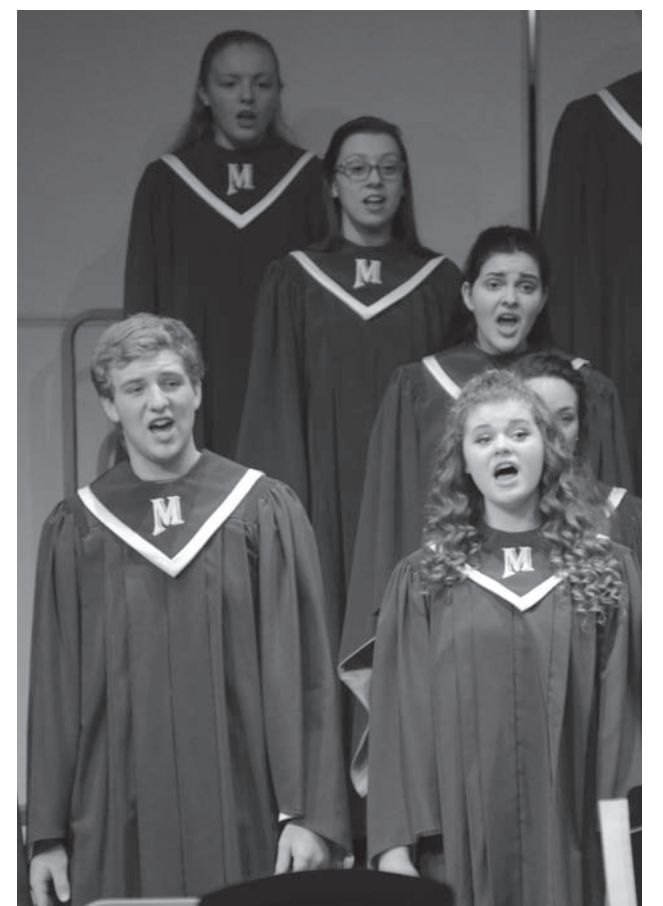
The emergency room is the best place for treating severe and life-threatening conditions—and, Salem Hospital's ER is also a level II trauma center with the range needed, including diagnostic tests, specialists and the option to be admitted to the hospital for more treatment.

Even if your condition is an emergency, you may not be seen right away. The most severely ill or injured patients are always seen first. Go to the ER or call 911 for an ambulance if it's life-threatening.

Never drive to the ER if you or a loved one faces life-threatening conditions. Ambulances come equipped to begin lifesaving care on their way to the ER and will prep ER staff so they know what to expect.

Be prepared. Regardless of where you go, keep an updated list of your allergies and medications with you, including dosages and any over-the-counter medications and vitamins. Many medications, and even vitamins, can interact with the treatment options your physician plans to use.

For a list of urgent and convenient care clinics in Keizer and Salem visit keizertimes.com. (Mojgan Mohandesi, M.D. is a physician at Willamette Health Partners Family Medicine in Keizer.)



Voices, strings resonate in MHS winter concert

Members of the McNary High School choirs and orchestra performed their annual Christmas concerts to packed houses the week before Christmas.

Left: Members of the orchestra get a moment in the spotlight. Above: The choir's soloists take center stage. KEIZERTIMES/Eric A. Howald

Salem Library camp-in for week without screens

In return for pledging to go a week without screens of any kind, kids and teens will get the chance to camp out at Salem Public Library Friday, Jan. 30.

Pledges will be accepted at the Youth Services desk until the beginning of "No Screens" week, Jan. 24-30.

Participants who successfully refrain from TV, movies and other screens, will qualify for the camp-in. Registration for the camp-in begins Tuesday, Jan. 27.

More information is available at www.salemlibrary.org.

New show, classes at KAA

The start of the 2015 show schedule for Keizer Art Association in January features artwork depicting *Snow and Ice*.

The Artists' Reception is slated Saturday, Jan. 3, from 2 to 4 p.m. Artists are encouraged to attend the reception as other guests enjoy visiting with them about their art.

Classes on tap for January at

KAA include: colored pencil, woodcarving, seed beading and peyote stitch jewelry, calligraphy, stippling, pen and ink with watercolor, and watercolor painting. More info at keizerarts.com.

The gallery is open Thursdays and Fridays 1 to 4 p.m., and Saturdays, 10 a.m. to 4 p.m. at the Keizer Heritage Center.

Business & Services

FAMILY LAW

Divorce
Custody
Spousal Support

Eggert & Associates PC
Attorney at Law

960 Broadway St NE, Suite 2 - Salem
503-837-6111

FUNERAL HOME

CROWN
MEMORIAL CENTERS
CREMATION & BURIAL
A New Tradition™

Salem - 412 Lancaster Dr | 503-581-6265

Low Cost Cremation, Burial, & Funerals

Simple Cremation - \$495
Simple Direct Burial - \$550
Traditional Funeral - \$1,975

www.ANewTradition.com

FUNERAL HOME

WE ARE EVERYTHING EXCEPT OVERPRICED

Simple Cremation \$460

KEIZER
FUNERAL CHAPEL & CREMATION SERVICES

Advanced funeral arrangements can be as low as \$50 per month.

4365 RIVER ROAD N, KEIZER
503.393.7037

GET ANSWERS

Get answers. Share ideas. Your connection begins at USA.gov – the official source for federal, state and local government information.

USA.gov
1 (800) FED-INFO

HEARING

Keizer Beltone Hearing
5466 River Road N.

- FREE TESTING
- New Digital Technology
- Many FREE services
- Hearing Aid Repairs

Beltone
Helping the world hear better
503-393-2222 www.beltone.com

HOME LOANS

MORTGAGE CONSULTANTS

Your Loan, On Time, Every Time!

Bob Shackelford
MORTGAGE CONSULTANT
503.983.4086
BobsMyLoanGuy.com

Justin Morris
MORTGAGE CONSULTANT
503.949.4380
LoansByJustin.com

50 YEARS Guild MORTGAGE COMPANY

LANDSCAPING

McKinley Landscape Maintenance, LLC

503-393-0285
503-935-1893
LCB #9309

McKinleyLandscapeLLC.com

MASSAGE

OREGON SCHOOL of MASSAGE

- Student Massage Clinic
- Store - Supplies & Gifts
- Professional Training

2111 Front St NE in Salem
503-585-8912 or 877-588-8912
OregonSchoolofMassage.com

PET CARE SERVICES

Grooming, Boarding, Training, Daycare

SUITE DOG DAZE

503.383.RUFF
10327 River Rd NE - North of Keizer
DoggyDayCareSalem.com

NURSING & REHAB

FAMILY OWNED AND OPERATED FOR OVER 39 YEARS

Sherwood Park
NURSING & REHAB CENTER

Our family serving your family

24-HOUR SKILLED NURSING • THERAPY • WOUND MANAGEMENT
LONG TERM CARE • DEMENTIA CARE • AWARD WINNING ACTIVITIES
DELICIOUS HOMEMADE FOOD • LOVELY SURROUNDINGS • CARING STAFF

4062 ARLETA AVE NE • KEIZER, OR • 503-390-2271
WWW.SHERWOODPARK.COM

REAL ESTATE

John L. Scott | REAL ESTATE

Looking for professional, motivated individuals interested in a new career.
Ready to start your new career? CALL TODAY!

Curtis Holloway, Realtor
725 Commercial St SE - Salem
503-269-5536

www.salemoffice.johnlscott.com

REAL ESTATE

LEGACY
Real Estate

JAMES HAUGE
503-510-4005

925 Commercial St. SE, Salem
Suite 220
www.LegacyRE.com

REAL ESTATE

Ken Ream 503-881-5335
Carolyn Ream 503-551-3656

John L. Scott
REAL ESTATE

You have options! We are different! We go above and beyond what most Realtors will do! If selling, we help you paint, pressure wash, move you, and help you with staging your home! If buying, there are two of us always available to meet your needs and help you through the buying process.

FIND OUT MORE AT www.ReamRealEstate.com

SAND & GRAVEL

Windsor Rock PRODUCTS

Topsoil, Crushed Rock
Round Rock
Pea Gravel

You haul or we deliver
Prompt Service - Saturday until noon
Phone quotes

393-8920
824 Windsor Island Rd. N. • KEIZER

VETERINARIAN

Willamette Valley Animal Hospital

Owner
DR. SHERI MORRIS
B.Sc., DVM,
Diplomate, ABVP

Staff Veterinarians
Dr. Mark Stoenner
Dr. Judith Reed
Dr. Holly Protain
Dr. Laura Magruder

4975 River Road North
Keizer, OR 97303
503-393-7462
wvah.net

Mon & Fri: 8am-6pm,
Tue-Wed-Thu: 8am-9pm,
Sat: 8am-4pm, Sun: 11am-4pm
No Appt. Necessary

AAHA
AMERICAN ANIMAL HOSPITAL ASSOCIATION

WEDDINGS / RECEPTIONS

HOST YOUR EVENT AT

KEIZER HERITAGE CENTER
1916

WEDDINGS • RECEPTIONS
SOCIAL EVENTS

Visit the all new
KeizerHeritage.org