
ACUPUNCTURE WORKS LLC

Spring into Health Newsletter - A Tad Early

Office Changes

Since 2008 I have worked along side and rented space from the providers of Mt Hood Women's Health. In February, they joined the Legacy Medical Group. With this change the office got a new makeover with fresh flooring, paint, furnishings and a few new staff. The providers have stayed onboard and continue to provide the same wonderful care for gynecology and obstetrics.

Your Check In flow for your appointments

- * We have a new self check in area at the window to the right of the door we bring you back through.
- * Please use the hand sanitizer before you press the call button you will see on the countertop. We will take you back to freshly sanitized rooms at your appointment time.
- * Please continue to check in with the ladies at the front window, if you'd like. They still have a button too and love to greet you. Do use their hand sanitizer if that is how you choose to check in.



Please Welcome Sarah

At the start of the year, I was fortunate to find a wonderful woman to join me as my office assistant. Many of you have had the pleasure of meeting Sarah and have experienced her warmth and kindness after your acupuncture treatments.

Sarah is originally from California, then Arizona, now with a forever home in Oregon. She is a mother of four. She will be receiving her Associates of Science in less than a week then moving on to achieving her Bachelor's in Healthcare Management. Her interests are kayaking, fishing, and working on her farm at home on her off days.

Sarah will be in the office Tuesday (7am-5pm), Wednesday (7am - 3pm) and Thursday (7am-4pm). She can be reached at 503-665-9355 and info@acuworksllc.com

When you are next in or communicate with her by phone or email, please help me by giving her a warm welcome. She has already made such a positive impact for me and the patients she assists.



Community Strength in Preparation

Acupuncture Works LLC is responding to the coronavirus and doing all that we can to prevent the COVID-19 virus within our office. We are closely monitoring the [Multnomah County Health Department](#) and we are proactively disinfecting surfaces that are touched frequently such as beds, head rests, door handles and chair railings after each patient. If you have been near a person with the flu or you yourself have fever or cold symptoms, give us a call to reschedule. We thank you for helping us keep you and our staff healthy! Together as a community we can fight the spread of COVID-19 virus.

Helpful tips to prevent illness:

- ✦ Avoid touching your eyes, nose, and mouth
- ✦ Staying home if you are sick
- ✦ Wash your hands often with soap and warm water
- ✦ Use the alcohol-based sanitizer
- ✦ Avoid close contact with people who are sick
- ✦ Cover your cough or sneeze with a tissue or your elbow
- ✦ Clean and disinfect frequently touched surfaces

Hand Washing

Did you know washing our hands for 20 seconds minimum with warm water at least 5 times per day can reduce our risk of contracting a respiratory illness by 45%.

AND skip using the jet dryers - The most affective way to dry your hands after washing is with paper towels? They spread 27 times fewer microbes than a jet-air dryer!



Health Tips

It is understandable to be worried about your health and what you can do to avoid getting sick. Equally important is to not get too caught up in the fear we see daily in the news, our email inboxes and social discussions. Stress is rough on our immune system and we are all experiencing high levels of stress with continued exposure to hearing so much negative information. Our motivation for future posts on Facebook will be to uplift by providing tips on how to stay healthy, updates on operations at the clinic, recipes and some inspiration and maybe a little humor. Sarah has gotten our Facebook up and running. If this sounds helpful to you, like us [here](#). And, if you are interested in the information but aren't on Facebook, email us to let us know you are interested and we will email you our postings instead.