

Salem Health[®] Hospitals & Clinics



Explore – Enjoy – Stay

Learn more at: salemhealth.org

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Creation Credit: Gina Selander, Human Resources



Salem Health Hospitals & Clinics

Salem Health Hospitals & Clinics, the largest private employer in Salem, is a local, not-for-profit, tax exempt health system—created by and for the people of the mid-Willamette Valley—governed locally by a volunteer 15-member Board of Trustees. Salem Health provides a broad scope of health care in addition to traditional acute-care hospital services.



New Patient-Care Tower

SALEM HEALTH

Salem Health, a regional medical center, is one of the largest of Oregon's 58 acute care hospitals and operates the busiest emergency department in Oregon. The only hospital in the city of Salem, the hospital serves 350,000 people in a two-county area. Salem Health is licensed for 454 acute-care beds. The hospital is the city's largest private employer, with approximately 5,000 full- and part-time employees. There are over 850 physicians on the Active Medical Staff, representing 49 different specialties, who admit patients to the hospital.

WEST VALLEY HOSPITAL, Dallas

West Valley Hospital is a critical-access community hospital. The hospital serves the residents of Polk County through approximately 200 employees and 55 Active Medical Staff members. Services provided include: 24-hour emergency department, 6-bed inpatient/transitional care unit, imaging (xray, CT, MRI, mammography, ultrasound), inpatient and outpatient rehabilitation services, infusion and wound care, cardiopulmonary (EKG, stress tests, echocardiogram), laboratory, anti-coagulation clinic, same day surgery, diabetes and nutritional education.

At the heart of healing. . .

The main patient-care tower at Salem Health is at the heart of healing for people in the Mid-Willamette Valley. The building houses services where patients benefit most from new technology and large space. The building is designed to accommodate foreseeable medical advances for the next 50 years. Special features of the Salem Health campus include:

Healing Design.

The building was designed using the principles of evidence-based design to offer the



best environment for patients, visitors and staff. Private rooms, dedicated family spaces, natural views and reduced noise all enhance healing and recovery.

ER. Offered as a “pod” workflow, our newly designed ED allows treatment of up to 94 patients at any one time. Our ED is equipped to handle any acuity level up to critical care and trauma. We receive patients who arrive on their own, by ambulance and helicopter. As a Level 2 Trauma Center and a Cardiac Center of Excellence, a dedicated elevator provides immediate access to the Operating Room and Cath Lab.

Surgery and Cath Lab. Spacious interventional suites offer ceiling mounted equipment that is easily moved, additional monitors provide multiple views, and we have enough room to install new equipment as needed.

Community Health Education Center (CHEC).

The CHEC informs and empowers patients, families, community members and hospital staff by providing accurate health information and connecting them to



appropriate hospital and community services and programs. Facilities at the CHEC include a resource center, wellness kitchen, support group rooms and classrooms, and a staff library all staffed by trained health professionals.

SERVICES



❖ Family Birth Center

We operate a state-of-the-art facility with neonatal intensive-care services, 24/7 OB hospitalist coverage, and a clinic for high risk obstetric patients. With over 3,450 births each year, each birth is seen as a unique and special event.

❖ Salem Cancer Institute

A staff of oncology certified nurses, board certified doctors, and support services from every discipline involved with cancer care provide state-of-the-art cancer care. Founded in 2007, the Institute is a cooperative venture between Salem Health, private physicians, clinics, and community organizations.

❖ Heart and Vascular Center

A dedicated team of cardiac specialists with proven experience, the latest in advanced technology and equipment, and a full complement of cardiac services to evaluate and treat cardiovascular disease and rhythm disturbances make Salem Health the most comprehensive and highest quality cardiac care center in the region. In 2019, Salem Health was named (for the 4th time) by IBM Watson Health™ as a **top 50 Cardiovascular Hospital** in the nation.

❖ Regional Rehabilitation Center

As part of the city's Historic Landmark locations, our Rehabilitation Center, completed in 2016, is a state-of-art facility that was built on the original site of Oregon's School for the Blind. We offer comprehensive outpatient therapies such as aquatic, pulmonary, neurological, orthopedic, sports medicine, hand therapy and cardiac rehabilitation, and more. Additionally, we offer inpatient care that supports stroke, head injury, trauma and other complex medical diagnoses.

❖ Psychiatric Medicine Center

The 24-bed inpatient Psychiatric Medicine Center serves patients with a variety of emotional and psychiatric problems. Under the direction of a psychiatrist, a multidisciplinary care team provides psychiatric evaluations in a safe and supportive environment.

❖ Joint Replacement Center of Excellence

In March 2018, Salem Health's Joint Replacement Center of Excellence was again nationally recognized as a top provider of excellence in joint replacement care.

❖ Spine Center of Excellence

In February 2018, Salem Health Spine Center was recertified as an official Spine Center of Excellence by the Joint Commission.

❖ Bariatric Surgery Center

In 2010, Salem Health's Bariatric Surgery Center was named by the American College of Surgeons as a MBSAQIP-accredited Comprehensive Center. Adjustable gastric banding and Roux-en-Y gastric bypass surgery are offered.

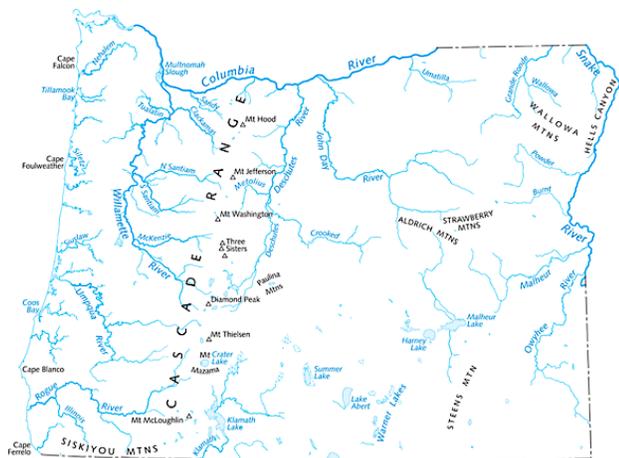
Award-Winning Care

Salem Health made history as the first Oregon hospital to earn the **Beacon Award for Critical Care Excellence** by the American Association of Critical-Care Nurses (AACCN). In 2009 and 2011, Salem Health made history again as the first hospital in Oregon to earn the honor a second and third time. In 2018, Salem Health's intermediate care unit earned the **Gold Beacon**, the highest level award given by the AACCN. Salem Health is one of only 4 Oregon hospitals to hold this designation.

Salem Health was granted **Magnet® recognition** by the American Nurses Credentialing Center in 2010 and re-designated in 2015. The top seven percent of hospitals in the United States have status as Magnet-recognized facilities, which is achieved through a supportive and collegial practice environment among nurses, physicians and other healthcare providers.

Visit our website to learn more about our award-winning care. www.salemhealth.org/about/award-winning-care

Oregon



Physical Dimensions:

US Rank in Area = 10

Land Area = 96,002 sq. miles

Water Area = 1,129 sq. miles

Coastline = 296 miles

Population (2018): 4.17 M

Capital: Salem

Nickname: Beaver State

State Parks: 243

Coastline: 382 miles of sand and forest

HISTORY

www.bluebook.state.or.us/cultural/history

Prior to the migration of Europeans, Oregon was inhabited by approximately 80 Native American tribes. The environment provided the essentials of life: cedar to frame and cover their houses, materials for clothing and dugout canoes, salmon and other fish as primary subsistence, and a bounty of game, roots, and berries to supplement their diet.

The earliest European explorers came by chance to Oregon by sea as early as the 1540's. The Enlightenment of the early 18th century created a hunger for knowledge of the natural world and unknown lands. The Spanish were the first to explore the Northwest Coast and then came the British. In 1778 Captain James Cook made landfall on the central Oregon coast. By the end of the 18th century an estimated 300 vessels from a dozen different countries had sailed to the Northwest Coast.

In 1804 President Thomas Jefferson dispatched a military expedition. The renowned Lewis and Clark expedition in 1804-07 opened up the west to further overland exploration. The reports from the early explorers motivated migration to Oregon for land, timber, salmon, a climate favorable for agriculture, sites for water power, and a peaceful environment. These qualities continue to bring people to Oregon today.

Some said there was a contagion in the land and called it the "Oregon Fever." It caused dreams, persuaded men and women to give up all that was familiar, risk their lives and fortunes, and set out for the far shores of the Pacific.



Between 1840 and 1850, over 53,000 people traveled the Oregon Trail.

Oregon was admitted as a state on Valentine's Day, 1859. In the early 20th century Oregon established itself as a national leader in progressivism with enactment of long-needed laws through largely non-partisan efforts. For example, in 1919 Oregon enacted a gasoline tax and became the first state in the nation to pay for roads through a gas tax.

ECONOMY

Natural resources drove economic development in Oregon. With improvements in transportation by the latter 19th century, the pieces were in place for the state to sustain steady growth. The economy was resource-dependent driven by fish, timber, minerals, and agricultural lands. During the past several decades, Oregon has attempted to make the transition from a resource-based economy to a more mixed manufacturing and marketing economy, with an emphasis on high technology. Tourism is now the one of the state's largest source of revenue, after lumber and agriculture.

RECREATION & ACTIVITIES

www.traveloregon.com

Oregon has something for everyone and the activities vary with the landscape and the season. Organized by region, the following offers a small selection of events and activities that are available to enjoy.

OREGON COAST

www.visittheoregoncoast.com



In 1913 Governor Oswald West declared that Oregon beaches were public highways and set the precedent for the protected right of public access to the entire state shoreline. With the entire coastline available to you, the recreational opportunities are endless: fishing and crabbing, hiking, cycling, scuba diving, surfing, beachcombing, kite flying, whale and bird watching...

Bandon Dunes Golf Resort - Three distinctly different courses built on a beautiful stretch of sand dunes perched 100 feet above the Pacific Ocean. The courses consistently rank in the top 100 courses in the US and the world.

Fort Stevens State Park, Astoria - The fort served for 84 years, beginning with the Civil War and closing at the end of World War II. Today, Fort Stevens has grown into a 3,700 acre park offering exploration of history, nature and recreational opportunities.

Lighthouses - Of the nine original lighthouses on the coast, seven are open to the public and each has a story to tell.

SOUTHERN OREGON

www.southernoregon.org

Southern Oregon is home to world-class fishing and rafting rivers, mountains for skiing, biking and hiking, and green valleys that produce award-winning wines.

Crater Lake is North America's deepest lake and Oregon's only National Park. While enjoying the natural scenic wonders, park visitors may hike in old growth forests, participate in a variety of interpretive activities, camp out or stay in an historic hotel or even cross-country ski during the 8-month-long winters in the high Cascades.

Klamath Basin - There are 8 state and federal wildlife refuges in the Klamath Basin, and 80 percent of the waterfowl that travel the Pacific Flyway come through this area. The Klamath Basin was rated on Sunset Magazine's list of "Fantastic Five Birding Destinations in the West."

Oregon Shakespeare Festival, Ashland
Founded in 1935, the Tony Award-winning Festival is among the oldest and largest professional non-profit theatres in the nation.

CENTRAL OREGON

www.visitcentraloregon.com



Central Oregon provides opportunities to golf, ski, fish, hike, climb, mountain bike, river raft, and enjoy spectacular scenery. The term "semi-arid desert" might seem contradictory, until you experience the over 500 miles of rivers and more than 150 pristine mountain lakes.

Deschutes River - The lower one hundred miles of the Deschutes is one of the most prolific trout streams in the western United States. Seventy miles are open to angling year round.

Mount Bachelor - A stately volcanic cone that is part of the Cascade mountain range, Mt. Bachelor receives lots of light, dry snow for skiing and snowboarding from early November to July.

Smith Rock State Park - With its hundreds of climbing routes, the Park is an international destination for rock climbers.

EASTERN OREGON

www.eova.com

Eastern Oregon is a place of awesome beauty—from Hells Canyon's wildest rapids to the glimmering peaks of the Wallows, from the rolling wheat fields of the Columbia River Plateau to the rugged breaks of the Steens Mountain.

Hells Canyon National Recreation Area

Considered by many to be like heaven on earth, hikers, campers, rafters and boaters alike enjoy using this area on the weekends. North America's deepest river gorge, Hells Canyon encompasses a vast and remote region with dramatic changes in elevation, terrain, climate and vegetation.

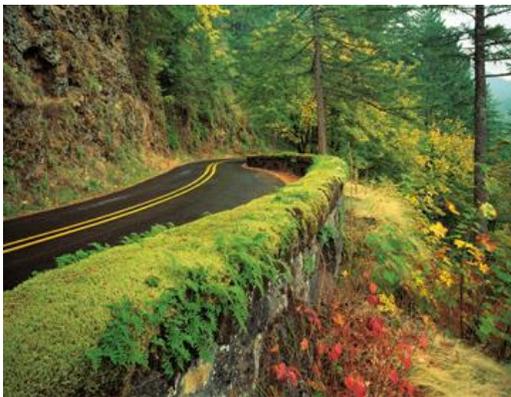
John Day Fossil Beds National Monument

The John Day River Basin is a 14,000 acre park located within. This U.S. National Monument is world-renowned for its well-preserved, remarkably complete record of fossil plants and animals.

Pendleton Roundup - Established in 1909, the Round-Up is one of the oldest and most prestigious rodeos in the world. Let'er Buck!

MT. HOOD/COLUMBIA RIVER GORGE

Mt. Hood and the cliffs of the awe-inspiring Columbia River Gorge look down on quaint riverfront towns, countless waterfalls and exhilarating windsurfing waters. Mt. Hood, Oregon's tallest peak, has four ski areas and some of Oregon's most challenging hiking and mountain biking trails.



Historic Columbia River Highway - When the highway first opened in 1916, Teddy Roosevelt praised its scenic grandeur and remarkable engineering. With its mossy stone walls and graceful viaducts winding past dozens of waterfalls, this All-American Road still reigns as one of the world's most glorious drives.

Timberline Lodge is a classic WPA-era mountain lodge that was built completely by hand from local stone and timber. Timberline is home to North America's longest ski season.

Windsurfing and Kiteboarding - Some call Hood River the windsurfing capital of the world, thanks to the incredible gorge winds that blow along the Columbia River.

WILLAMETTE VALLEY

www.oregonwinecountry.org



The valley is an agrarian wonderland teeming with farms, crops and vineyards. Farmers' markets dot the landscape and dazzle browsers with the kaleidoscopic color of fruits, vegetables and flowers.

Oregon Wine Country - Nestled among its rolling hills are over 200 wineries producing a medley of vintages—Pinot noir, Pinot Gris and Riesling to mention a few. The valley, dubbed Oregon's Wine Country, is one of Oregon's major wine-growing regions.

Silver Falls State Park – With over 25 miles of trails for hiking including the Canyon Trail, Silver Falls is a nationally recognized trail system that leads hikers along the banks of the north and south forks of Silver Creek. It takes you to ten majestic water falls, ranging from the grand South Falls to the delicate Drake Falls.

Mount Angel Oktoberfest - Oregon's oldest and best-loved Oktoberfest began in 1966 as a traditional harvest festival to celebrate the bounty of the earth and the goodness of creation. It is Oregon's largest folk festival.

Berry Paradise

www.oregon-berries.com



Caneberries are more commonly known by their individual names of blackberries, raspberries, and their varieties such as Marionberries, loganberries and boysenberries. There are only a handful of areas in the world where caneberries

thrive and Oregon's Willamette Valley offers the most favorable of all climates. The Valley's moist spring rains, and summers that are warm in the daytime and cool at night, provide just the right conditions to produce berries that are sweet and plump. Oregon leads the nation in commercial production of blackberries, loganberries and black raspberries.

The **Marionberry**, introduced to consumers in 1956, is one of Oregon's best-kept secrets. The Marionberry was developed in the fields of Marion County and today 90% of the world's Marionberries are grown near Salem. Marionberries are finally getting known by chefs everywhere for their unique and complex flavor and health benefits, they are high in vitamins, fiber and antioxidants.



Fresh Oregon **blueberries** are a hot commodity these days for a lot of reasons with incredible taste, the highest quality and peerless nutritional value being just a few. Oregon growers routinely realize the highest crop yields per acre compared to any

other state. More than 20 varieties of blueberries exist in Oregon.

Oregon **strawberries** are known everywhere for their exceptionally intense taste, deep red color inside and out, and incredible sweetness. The qualities that make Oregon strawberries so great to eat also make them difficult to ship when fresh. To enjoy the country's best straw-berries, the Willamette Valley is the place to be.

Marion County



Area: 1,194 sq. miles

Population (2018): 344,035

County Seat: Salem

Average Temp.: January 40°, July 67°

The county, located in the heart of the Willamette Valley, has the Willamette River as its western boundary and the Cascade Range on the east. Marion County has 20 incorporated cities, including the State Capital, Salem.

Marion County is the largest producer of agriculture among Oregon's 36 counties. Also important are lumber, manufacturing and education, however, government is the county's main employer and economic base.

Polk County



Area: 745 sq. miles

Population (2018): 82,100

County Seat: Dallas

Average Temp.: January 39°, July 66°

Polk County stretches from the Willamette River on the east to the Coast Range on the west. The county has 5 incorporated cities and the portion of Salem west of the Willamette River. The major industries are agriculture, forest products, manufacturing and education.

Salem, OR

www.cityofsalem.net



Area: 48.45 sq. miles

Population (2018): 165,265

Avg. Summer High Temp.: 79°

Avg. Winter Low Temp.: 33°

Salem, the capital city of Oregon and its third largest city, is situated on the 45th parallel in the center of the Willamette River valley—one of the most fertile and agriculturally productive regions of the world—47 miles south of Portland and 64 miles north of Eugene. Salem is also the county seat of Marion County, although a portion of the city across the Willamette River to the west lies in Polk County.



Salem serves as the hub of both state government and the surrounding farming communities. State government is the largest employer with 68 state agencies located in Salem. Salem is also host to one of the largest food-processing centers in the United States.

History - Salem is one of Oregon's oldest cities. Calapooya Indians inhabited the area prior to European settlement. Missionaries moved to the current site of Salem in 1840-41. The mission dissolved in 1844 and a townsite was built on and around the mission's land. The name "Salem" was selected by settlers from Salem, Massachusetts. In 1851 the territorial government moved the capital to Salem. In 1855 the capital was moved out of Salem only to be moved back the same year to stay.

NEIGHBORHOODS/HOUSING

Family Households: 61,987

Median Family Income: \$55,665

Home Ownership: 50.38%

Housing Vacant: 5.74%

Median Home Price: \$261,200

Unemployment Rate: 5.6%

Salem has a variety of neighborhoods each with its own unique character and history. Neighborhoods range from areas close to downtown filled with historic homes in diverse architectural styles to new developments in the surrounding hills with gorgeous views of the mountains and valley.

Go to www.wvmls.com for information on currently listings in the Willamette Valley.

Salem has 19 **Neighborhood Associations** that give residents a voice in the workings and development of their local community and the city as a whole. Each association meets regularly and is recognized as an official voice to make recommendations to City Council and take action in their own neighborhood.



SCHOOLS

Salem-Keizer Public Schools

www.salkeiz.k12.or.us



Total Schools: 65 schools
Number of Employees: 5,925
Number of Students (2018/19): 42,237
Students Identified as Talented & Gifted: 7%
Teacher to Student Ratio: 1:23

As the second largest school district in Oregon (by enrollment), the Salem-Keizer School District has 65 schools: 42 elementary, 11 middle schools, 8 high schools, some that house secondary alternative programs, and 4 charter schools.

Programs include the **International Baccalaureate Diploma Programme**, a demanding pre-university course of study which has earned a reputation for rigorous assessment giving IB diploma holders access to the world's leading universities.

Salem-Keizer's Grammy Award winning **music program** is one of the finest in America. Music education is available to students in grades K-12. This consistency from the ground up has established the foundation for a program that has been recognized at state and national levels.

Salem-Keizer is a rapidly growing school district with new state-of-the-art classrooms—many offering access to advanced instructional technology tools and 21st Century science and computer labs.

Private Schools

www.privateschoolreview.com

www.oregon.educationbug.org/private-schools/

There are 30 private sectarian and nonsectarian schools in Salem and Keizer. The schools' enrollment range from pre-kindergarten and kindergarten through 12th grade.

HIGHER EDUCATION

Over 13 public and private universities and colleges are located within a 70-mile radius of Salem and 5 are in Salem. These educational institutions provide undergraduate and graduate programs and workforce training, as well as contributing a rich tapestry of cultural events that enrich the community.

Willamette University

www.willamette.edu

The First University in the West founded in 1842, Willamette University is situated in the heart of



downtown Salem. The University is a nationally recognized liberal arts school with graduate programs in law and business. More than 2,000 undergraduates benefit from Willamette's 11-to-1 student-to-faculty ratio.

Willamette University has earned a national reputation for its academic standards and exemplary citizenship, values that have defined the culture of the campus for 175 years. The University is one of the top producers of U.S. Fulbright Scholars.

Chemeketa Community College

www.chemeketa.edu

Of the over 12,000 people enrolled in classes, you won't find a "typical" student at Chemeketa. The students are all ages, from recent high school graduates to retired people. Some students attend full time, others attend part time. Many combine work and school.

Chemeketa Community College offers a variety of programs including healthcare related programs in Nursing, EMT/Paramedic, Medical Assisting and Pharmacy Technician. All of the programs offered reflect the College's promise to create and sustain centers of excellence in technical training, workforce development, and business support.

UNIVERSITIES

Oregon State University, Corvallis

<http://oregonstate.edu>



Oregon State (OSU) is the only Oregon university to hold the Carnegie Foundation's prestigious designation reserved for universities with "very high research activity." OSU also is Oregon's land, sea, sun and space grant university. There are over 200 academic degree programs offered through the university. OSU's programs in nuclear engineering, ecology, forestry, public health, biochemistry, zoology, oceanography, food science and pharmacy are recognized nationally as top tier programs. With graduate degree programs in more than 80 areas, OSU offers exceptional opportunities for study and research.

Corvallis is a friendly college town with over 59,000 residents. Corvallis is consistently ranked as one of the smartest towns in America, a best college town, and a best town in which to live in the US.

University of Oregon, Eugene

www.uoregon.edu



The University of Oregon (UO) is a world-class teaching and research university. The UO offers a broad spectrum of opportunities for learning in the liberal arts and professional programs in architecture, arts, business, education, journalism, law, and music and dance. In the classrooms and laboratories, students are inspired by a faculty of prominent scholars and work side by side with eminent researchers involved in breakthrough discoveries. At the UO, both students and faculty

members reach out to make connections that serve communities from small local groups to large international organizations.

Eugene, the state's third largest city, is one hour south of Salem. Eugene combines the feel of the classic college town with the culture and cafés of a larger city.

Western Oregon University, Monmouth

www.wou.edu



Western Oregon University (WOU), steadily emerging as a leading comprehensive public liberal arts institution, is committed to changing lives, strengthening communities and transforming our world. The student body of about 4,600 undergraduates and 500 graduates enjoys a vibrant and close-knit intellectual community comparable to the environment in a small liberal arts college. As a public-serving institution dedicated to strengthening our region and Oregon, WOU is home to the nationally-renowned Teaching Research Institute, the Regional Resource Center on Deafness and the Rainbow Dance Theatre. In addition to teaching excellence, WOU's faculty members are engaged in wide-ranging scholarship as well as community-based projects, including many faculty-student collaborations.

Founded in 1856, WOU is the oldest institution in the Oregon University system. Located in Monmouth, 20 minutes west of Salem, this picturesque, award-winning campus blends welcoming traditional features with 21st century convenience, including many multimedia classrooms, extensive wireless web access and a state-of-the-art library.

Salem Art & Culture

THEATRES & MUSIC

The Reed Opera House

www.reedoperahouse.com

One of Salem's few remaining large structures from the nineteenth century, The Reed Opera House has provided more than 145 years of service to the community. The building has been a social and cultural mainstay hosting touring vaudeville and minstrel shows. It now serves as a unique location for shopping and dining with the theater remains located on the second floor.

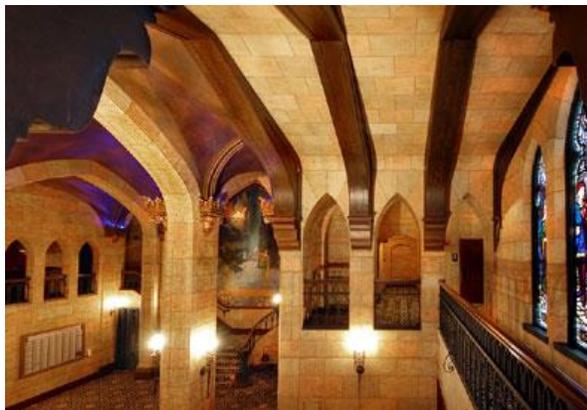
Pentacle Theatre

www.pentacletheatre.org

Nestled in the quiet woods, this intimate award-winning theater performs eight live theatrical performances each season. For over 60 years, Pentacle has the distinction of producing quality productions. This unique status is made possible through the hard work and dedication of many, and the steadfast patronage of area residents.

Elsinore Theatre

www.elsinoretheatre.com



Since its completion and opening in 1926, the Tudor Gothic-style Elsinore has been a prominent feature in downtown Salem. The Elsinore received its name from Shakespeare's immortal tragedy, Hamlet. The design is based on the historic Elsinore Castle in Denmark which is believed to be the setting William Shakespeare chose for Hamlet.

In 1994 the Elsinore was put on the National Register of Historic Places. In 2002 a 3-year renovation project costing over \$3.2 million began to bring the theatre back to its original grandeur.

Historic Grand Theatre

www.salemshg.com



Salem's Historic Grand Theatre, originally built in 1900, maintains the stylistic integrity as Salem's oldest theatre while offering modern amenities for first-class events. The Grand Theatre maintains a tradition of supporting the community and supports local theatre productions, movies, concerts, meetings and lectures within its historic venue.

Enlightened Theatrics

www.enlightenedtheatrics.org

Founded in 2013, the mission of Enlightened Theatrics is to contribute to and grow the arts experience of Salem by producing thoughtful and relevant professional theatre, engaging Salem's youth with performing arts education, and developing passionate theatre talent in the Willamette Valley.

Oregon Symphony Association in Salem

www.orsymphonysalem.org

The Oregon Symphony has been performing in Salem since 1955, the same year the Salem Symphony Society was established. In 1975, a Pops concert was added to the classical series.

Today the Oregon Symphony in Salem presents a season of 8 to 9 concerts a year, and numerous educational activities for children and adults. The Oregon Symphony in Salem has developed into a remarkable contribution to the community's cultural life.

FESTIVALS/EVENTS

Salem Art Fair & Festival

www.salemart.org

Set among the historic oak trees of Bush's Pasture Park, the Art Fair's Artist Marketplace features over 200 of the top fine artists and craftspeople from around the country. Artists will offer work in a wide variety of mediums including painting, ceramics, glass, jewelry, wood, photography and fiber. In addition, free performances by regional and national acts are presented on two stages.

The Salem Art Fair & Festival is the largest juried art festival of its kind in the state of Oregon. As one of the best community-driven events in the Northwest, more than 3,000 volunteers participate annually in this three-day celebration held the 3rd weekend of July. The festival draws more than 100,000 visitors.

Salem World Beat Festival

www.worldbeatfestival.org



Held the last weekend of June in Salem's beautiful Riverfront Park on the banks of the Willamette River, the World Beat Festival is a two-day, non-stop program of international music, dance, food, hands-on crafts and folklore. The Beat is a professional-quality event celebrating the people and traditions of every continent.

The Festival is conducted by the Salem Multicultural Institute, an all-volunteer, non-profit organization with the mission of promoting harmony and understanding through innovative, educational cultural programs and activities.

Salem Saturday Market

www.salemsaturdaymarket.com



Salem Saturday Market consists of over 300 vendors who specialize in everything from baked bread to beaded jewelry, from organic produce to beautiful fresh cut flowers to gorgeous plants. Shoppers will also enjoy fresh delicious on-site prepared food and live entertainment. All products are grown, created, baked by the vendor selling it!!!

Saturday Market is held every Saturday, April through October, three blocks from the State Capitol building. To meet your fresh produce needs in the middle of the week, the Wednesday Farmers' Market is also held May through October in downtown Salem.

Oregon State Fair & Exposition Center

www.oregonstatefair.org

Starting in late August through Labor Day, the Oregon State Fair has taken place at the 185-acre fairgrounds in north Salem almost every year since 1862. The annual fair has something for everyone: livestock, floral, 4-H and home economics exhibits, concerts, commercial exhibits, art and photography displays, food from all cultures (curly fries and corndogs included), and of course, the carnival.

Events take place at the fairgrounds year round. The mission of the Oregon State Fair & Exposition Center is to provide a reason and a place for all people to gather, connect, learn, embrace excellence in all forms and celebrate the achievements of Oregonians.

PARKS

Salem's citizens have been fortunate to have a variety of beautiful park areas. The park system has grown to 57 developed parks encompassing over 1,700 acres. The city's park system includes 34 neighborhood-oriented parks that meet the basic close-to-home park needs, along with our community and large urban parks which provide a variety of park facilities and areas for Salem's many organized recreation and leisure activities.



By far the largest park is **Minto-Brown Island Park**, which encompasses nearly 900 acres. About 240 acres of this park are leased for

farming, of which 40 to 80 acres are specifically planted for wildlife feeding. The remainder is a balance between natural areas and a picnic area, along with approximately 12 miles of paved and soft trails for bicycle and pedestrian use and an off-leash dog exercise area.



Bush's Pasture Park, 95 acres of open space in the heart of central Salem, is one of Salem's two oldest parks and includes Bush House and Deepwood House and Gardens, two of Salem's historic properties. The park also has many other recreational opportunities, is home to the Salem Art Association at the Bush Barn, and is the site for the annual Salem Art Fair held annually each summer. The park is enhanced by the natural groves of old oak trees, spacious, green pastoral setting, an orchard with fruit and flowering trees, over 2,000 roses in its rose garden, and over a mile of paved paths for bicyclists, joggers and strollers.

Riverfront Park, Salem's newest park, is located on 23 acres next to downtown Salem and adjacent to the Willamette River. This park has long been a dream of Salem citizens. It features a covered pavilion, an outdoor amphitheater, a major children's playground, large festival lawn sites, a path system that circles the park, and picnic and park bench sites



along the many overlooks of the river. Riverfront Park is home to a number of annual events in Salem, including the World Beat Festival, the 4th of July Celebration, as well as a number of walks, runs and other events.

The north end of the park incorporates the **A.C. Gilbert's Discovery Village**, including a



children's science museum and science discovery playground. **Salem's Riverfront Carousel** was completed by a citizen-based group interested in developing a carousel with hand-carved horses.

Open in 2017, the **Peter Courtney Minto Island Bridge** is located at the south portion of the park and connects with the 900-acre Minto-Brown Island Park. Along with the pedestrian Union Street Railroad Bridge over the Willamette River to Wallace Marine Park, these connections provide over 20 miles of trails for walking, running and biking.



RECREATION

GOLFING

Illaha Country Club

<http://members.illahahills.com/>



The 18-hole “Illaha Hills” course at the Illaha Hills Country Club features 6,735 yards of golf from the longest tees for a par of 72. The course rating is 72.4 and it has a slope rating of 130 on Blue grass. Designed by William F. Bell, ASGCA/Robert Muir Graves, ASGCA, the Illaha Hills golf course opened in 1961.

Creekside Golf Club

www.golfcreekside.com



Designed by touring professional Peter Jacobsen keeping natural habitat in mind, Creekside Golf Club offers members more than 80 sand bunkers, water hazards on 14 holes, and a back nine that emulates a Scottish-links course. With both wetlands and wandering creeks, Creekside offers a variety of play on its 6,887 yard, Par 72 Layout. The wide fir and oak-lined fairways and thick fescue rough create a challenge for expert and novice players alike. New drainage installed in the fall of 2004 makes Creekside the most playable year round golf course in the valley.

RUNNING

www.wvroadrunners.org

Willamette Valley Road Runners’ (WVRR)

mission is to support and encourage a healthy approach to running and training for runners of all ages and all levels of ability. Many members compete regularly at distances of 1 mile to 100 miles on the track, road and trails. The club has regularly scheduled training/fun runs 2 times a week and organizes 8 racing events a year.



BICYCLING

www.salembicycleclub.org



Salem Bicycle Club was formed in 1969 for the purpose of promoting recreational bicycle tours in the local area. Since formation, the Salem Bicycle Club has grown to more than 400 members. The club schedules weekly rides each weekend throughout the year. During the summer, weekday evening and overnight rides are also scheduled.

SWIMMING

www.salemkroc.org

Whether you're a competitive athlete or just like to wade, the **Salem Kroc**

Center has something for everyone: a top-of-the-line 25 yd. x 25

m. competition pool, a one-of-a-kind leisure pool themed as an Oregon landscape, a hot tub, a lazy river, and an outdoor splash pad. The Kroc Center is truly a *Community Center* with a chapel/auditorium, amphitheater and meeting space, arts and educational amenities, fitness center, recreational gym, rock wall and exercise studio.



SKIING

Mt. Hood (90 minutes from Salem)

There are three ski areas within 15 miles of each other on Mt. Hood, Oregon's most beautiful mountain.

Mt. Hood SkiBowl has America's largest night ski area, with 34 lighted runs. The area also features a snowboarding halfpipe and terrain garden and portable snow tube tow.



SkiBowl is Portland's closest ski area and is a good place for beginners and families. **Mt. Hood Meadows**, the largest ski resort on Mt. Hood, has 2150 acres of terrain with high speed express service with 5 high speed quads, 12 total chairlifts, and Snowcat access to the greatest variety of terrain in the state of Oregon. Over halfway up the mountain's elevation of over 11,000 feet, **Timberline Ski Area** is the only ski area in North America that is open 12 months of the year. The area is located near the top of Mt. Hood and offers some of the state's most scenic skiing and up to 3,690 vertical feet. Afterward, dine or stay overnight at historic Timberline Lodge, a classic WPA-era lodge, complete with a resident St. Bernard named Heidi.

Hoodoo Ski Area (90 miles from Salem)

www.hoodoo.com



Whether you prefer the deep and challenging powder of Hoodoo's backside or the finely groomed runs of the front side, the majesty of Hoodoo's location and fun of Hoodoo's night skiing will bring you back again and again. There is plenty to do for everyone including the very popular Autobahn Tube Hill, an 800-foot tubing run that's the longest in the state.

BOATING & FISHING

Willamette River

The Willamette flows for nearly 300 miles from the high Cascade Mountains southeast of Eugene northward through the Willamette Valley before joining the Columbia River in Portland. The Willamette is one of Oregon's most popular waterways for boating. Boating options in the Willamette near Salem include canoes, drift boats, kayaks or rafts, jet-boats and personal watercraft, and propeller-driven crafts and waterskiing.

Wallace Marine Park in West Salem is a great riverfront park with two boat ramps for launching boats.

Lakes

www.fishingworks.com/lakes/oregon/



Oregon has 4564 lakes, ponds, reservoirs, and other fishing bodies of water to choose from. In Marion and Polk County there are over 300 fishing lakes. The lakes of Oregon include coastal dune-blocked lakes as well as the lakes of the high Cascades and several shallow basin lakes in the more arid areas. In the high Cascades, most of the lakes were formed either by glacial action or by lava flows that dammed up stream valleys.

Coast

www.oregoncoastfishing.info

The Oregon coast is rich in fishing opportunities from ocean charters for bottom fish, salmon, halibut, tuna or salmon, Oregon has it all. In-river and bay fishing is also a great choice for fishing opportunities on the Oregon Coast.



Shopping

HISTORIC DOWNTOWN SALEM

www.gosalem365.com



As the heartbeat of Salem and the greater Willamette Valley, Downtown Salem is a wonderful eclectic blend of historic charm rich in period architecture and home to a variety of boutiques, art galleries, salons, and over 40 restaurants many housed in buildings that were built at the turn of the 20th century. The Salem Downtown Historic District is officially listed in the National Register of Historic Places and includes a seven-block area with 92 buildings, 67% contribute to the historic character of the district.

Check out gosalem365.com to find events that bring people to the downtown core area at various venues including coffee shops, theatres, museums and parks. Events range from art & culture to comedy and showcase the musical and artistic talent existing in the Willamette Valley.



Located in the heart of downtown Salem, **Salem Center mall** offers the best in shopping, entertainment and dining. Spend your day shopping in your favorite stores including Macy's, Kohl's, JC Penney, Victoria's Secret, American Eagle Outfitters, Bath & Body Works, Hot Topic, Christopher & Banks and so much more. Enjoy dinner at one of Salem Center's many dining options and then sit back at the movies while enjoying all the latest new releases. And don't worry about the weather, all of the major stores and parking structures are connected via several sky bridges.

BRIDGEPORT VILLAGE, Tigard

www.bridgeport-village.com



Just 40 minutes from downtown Salem on Interstate 5, Bridgeport Village offers an exclusive mix of local, regional and national shops unlike any other shopping experience in Oregon. This new upscale village spans 28 acres and has 502,000 square feet of fine restaurants, theatres, shops (Crate & Barrel, The Container Store, Cole Haan) and office space but still feels like an intimate, European village shopping experience with its charming outdoor setting and holiday lights.

WOODBURN PREMIUM OUTLETS

www.premiumoutlets.com



With 110 designer and outlet stores, including names like Nike, Adidas, Banana Republic, Gap, J. Crew, Columbia Sportswear, The North Face, OshKosh, Under Armour, Aeropostale and more, Woodburn Premium Outlets is the largest outlet center in the Pacific Northwest. Popular brands, skylight-covered walkways and beautiful architecture and landscaping make it easy to see why this is Oregon's number two visitor destination year round. Conveniently located off Interstate 5, Woodburn Premium Outlets is only 20 minutes north of Salem.

Nearby Metro Areas

PORTLAND, OR

www.travelportland.com



Area: 145 sq. miles

Population (2018): 648,740

Avg. Summer High Temp.: 78°

Avg. Winter Low Temp.: 34°

Portland is a diverse city, in both culture and landscape. Once known as America's best kept secret, Portland is now one of the country's hottest travel destinations and just a short 45-minute drive from Salem. Portland has more restaurants and movie theaters per capita than any other U.S. city, providing effortless fun-filled nights on the town with friends or family. Portland also boasts excellent theater, opera, and symphony companies. These factors and more account for Portland's high ranking on numerous "best of" lists.

Outdoor Recreation

Nestled between the beautiful Coast Range on the west and the spectacular Cascade Range on the east, Portland sits at the junction of the Columbia and Willamette rivers. Lying at the intersection of two great rivers, the Portland Metro area is an



ideal playground for water hounds, with exceptional fishing, sailing and jet skiing. With over 200 parks including the 5,000-acre Forest Park, the country's

largest urban wooded park, and one of two volcanoes (Mt. Tabor Park) within a U.S. city, it's easy to see why Portland is a haven for walkers, hikers, bikers and horseback riders.

Attractions

Downtown Portland crackles with the friendly energy of its unique residents and a hodgepodge of attractions. Immerse the kids in cool, interactive museums including Oregon Museum of Science and Industry (OMSI), Oregon Zoo and the Portland Children's Museum.

Stroll through fragrant paths of rose bushes at the International Rose Test Garden and the lotus blossom ponds of the Portland Classical Chinese Garden, or

discover original Oregon terrain and the pioneers who traveled it at the End of the Oregon Trail Museum. Indulge in Portland's storybook affair with books at Powell's, the world's largest new-and-used bookstore or meet the artisans who sell



their creations at Portland Saturday Market, the largest outdoor arts and crafts market in continuous operation in the US.



Arts & Culture

Portland offers up a mind-boggling array of culture that varies from traditional to bohemian. From sidewalk musicians to public art sculptures to First Thursday, the arts are an indelible part of the city's soul. Downtown, take a stroll past more than 100 works of art, including Portlandia, the largest hammered copper sculpture since the Statue of Liberty. Or take in the exhibits at the Portland Art Museum, Pittock Mansion or a neighborhood gallery. You can always cap the night with a performance at the Oregon Symphony, the Portland Center for the Performing Arts or hang out with urban hipsters at one of the many fun downtown breweries.



EUGENE, OR



Area: 44 sq. miles

Population (2018): 169,695

Avg. Summer High Temp.: 79°

Avg. Winter Low Temp.: 36°

Eugene is located at the south end of the Willamette Valley, at the confluence of the McKenzie and Willamette rivers. Eugene has the third largest metropolitan population in the State.

Eugene is home to the University of Oregon. The city is also noted for its natural beauty, alternative lifestyles, recreation opportunities, and arts focus. Eugene's motto is "The World's Greatest City of the Arts and Outdoors." It is also referred to as "Track Town, USA". The Nike Corporation had its beginnings in Eugene and the city hosted the 2008 and 2012 US Olympic Trials for track and field.

Whether you are looking for outdoor adventure or a quiet corner in the city's beautiful new library, Broadway productions or home-spun repertory theater or a peaceful sense of community, Eugene has it all. The Hult Center presents performing



arts or shop at the Saturday Market, a weekly, open-air market featuring local artisans, performers, and international food. For athletic or outdoor pursuits, Eugene has walking, jogging, and bicycling facilities to accommodate any preference or ability and easy access to mountain and coastal recreation areas.

BEND, OR



Area: 33 sq. miles

Population (2016): 89,505

Avg. Summer High Temp.: 82°

Avg. Winter Low Temp.: 22°

Bend is Central Oregon's largest city, and is the *de facto* metropolis despite its modest size, within a large radius due to the low population density of the region. Bend is located on the eastern edge of the Cascade Mountain Range along the Deschutes River. Here the Ponderosa Pine forest transitions into the Great Basin high desert plateau, characterized by arid land, junipers, sagebrush, and bitter-brush. Originally a crossing point on the river, Bend started as a logging town, but is now identified as a gateway for many outdoor sports, including mountain biking, fishing, hiking, camping, rock climbing, white-water rafting, skiing, and golf.



Boasting an eclectic mix of arts, culture and upscale charm neatly tucked in the middle of an outdoor utopia of forested trails, towering pines, roaring rivers and gleaming lakes, Bend provides an ideal four-season playground for both the seasoned adventure traveler or a family with relaxation on the mind.

Bend is the type of place where you can watch a western rodeo one day and then find yourself sipping wine by the river while listening to the sounds of a local band. You can catch an art exhibit downtown, dine at an award-winning restaurant, spoil yourself at a spa, or summit South Sister, the state's third highest peak.

INFORMATION SOURCES

Information was sourced for this document from the following resources:

Salem Health

- Salem Hospital: www.salemhealth.org
- West Valley Hospital: www.westvalleyhospital.org

Oregon

- History & Economy: www.sos.oregon.gov/blue-book
- Recreation & Activities: www.traveloregon.com
 - Oregon Coast: www.visittheoregoncoast.com
 - Southern Oregon: www.southernoregon.org
 - Central Oregon: www.visitcentraloregon.com
 - Eastern Oregon: www.eova.com
 - Willamette Valley: www.oregonwinecounty.org
- Berry Paradise: www.oregon-berries.com; www.salemhistory.net/commerce/marionberries.htm
- Marion County: www.co.marion.or.us/; <http://arcweb.sos.state.or.us/county/cpmarionhome.html>
- Polk County: <http://arcweb.sos.state.or.us/county/cppolkhome.html>

Salem, OR: www.cityofsaalem.net

- Neighborhoods/Housing: www.wvmls.com
- #### Schools
- Salem-Keizer Public Schools: www.salkeiz.k12.or.us
 - Private Schools: www.privateschoolreview.com/oregon/salem; www.oregon.educationbug.org/private-schools/

Higher Education

- Willamette University: www.willamete.edu
- Chemeketa Community College: www.chemeketa.edu
- Oregon State University: <http://oregonstate.edu>
- University of Oregon: www.uoregon.edu
- Western Oregon University: www.wou.edu

Salem Lifestyle

- Theatres: www.pentacletheatre.org/; www.elsinoretheatre.com; www.salemsHG.com
- Music: www.orsymphonysalem.org

Festivals/Events

- Salem Art Fair & Festival: www.salemart.org/
- Salem World Beat Festival: www.worldbeatfestival.org
- Salem Saturday Market: www.salemsaturdaymarket.com
- Oregon State Fair: <https://oregonstatefair.org/>
- Parks: www.cityofsaalem.net/activities

Recreation

- Golfing: <http://members.illahehills.com>; www.golfcreekside.com
- Running: www.wvroadrunners.org
- Bicycling: www.salembicycleclub.org
- Swimming: www.salemkroc.org/
- Skiing: www.traveloregon.com/Ski-Oregon/Explore-Ski-Resorts.aspx; www.hoodoo.com
- Boating & Fishing: www.fishingworks.com/lakes/oregon/; www.oregoncoastfishing.info

Shopping

- Historic Downtown Salem: www.gosalem365.com; www.salemcenter.com
- Bridgeport Village: www.bridgeport-village.com
- Woodburn Premium Outlets: www.premiumoutlets.com

Nearby Metro Areas

- Portland, OR: www.travelportland.com; www.portlandalliance.com
- Eugene, OR: www.eugene-or.gov
- Bend, OR: www.bendoregon.gov; www.visitbend.com