

World Tai Chi and Qigong Day in Sisters

World Tai Chi and Qigong Day begins in Samoa and continues throughout the other time zones around the world for a 24-hour period.

Tai chi and qigong — forms of “energy work” — are considered by practitioners to help bring balance and calm to the world. There are celebrations in over 80 nations around the world.

This year in Sisters the occasion will be marked at 10 a.m. on Saturday, April 29 at Creekside Park.

The purpose of the event is to educate people about tai chi and qigong and the health benefits they provide. The use of these ancient Chinese modalities promotes increased focus and concentration, balance (physical and energetic) and spiritual and community connection.

Participating teachers are:

- Joyce Burk Brown - Soaring Crane Qigong style; certified at OCOM in Portland, 2004. She will demonstrate a Remedy Routine designed for detoxification. She presently teaches

privately and at Life.Love.Yoga. in Sisters, Blissful Heart Healing, and St. Charles Hospital – Cancer Center in Bend. She may be contacted at 541-420-5875 or joyce52brown@gmail.com.

- Irv Givot – He has been practicing Nei Dan form since 1993 after studying in China. He has taught qigong on and off and has been a chiropractor in Sisters for 25 years. He will demonstrate a Standing Qigong Meditation. He can be reached at 541-549-0624.

- Dawn Song has a rich background including teaching yoga, tai chi, and three forms of qigong. She has been teaching Spring Forest Qigong since 2003. She may be contacted at dawnsong03@gmail.com or by text at 541-207-7266.

- Bill Turner has been practicing for 33 years. He studied with seven masters and is well known for healing work with horses, people and land. He will demonstrate an easy-to-learn form using nature. He can be reached at bturner724@gmail.com.

Lawmakers try to stem opioid epidemic

By Andrew Selsky
Associated Press

SALEM (AP) — Seeking to stem the opioid epidemic in Oregon and prevent overdose deaths, the House of Representatives unanimously approved a proposed law on Monday that would provide safe-use recommendations to those who prescribe such pain-killing drugs.

However, provisions in the bill that would have limited healthcare practitioners to prescribing a maximum seven-day supply and would have criminalized improperly prescribing opioids were earlier stripped by the House Health Care Committee. The Oregon Medical Association had lobbied against some of the provisions.

The state attorney general’s office had strongly backed the measure because “the risk of overdose and addiction is serious.”

“In 2014, enough opioids were prescribed in Oregon for nearly every person in the state to have a bottle,” Assistant Attorney General David Hart said in written testimony.

More than 15,000 people

died in America from overdoses involving prescription opioids in 2015, according to the U.S. Centers for Disease Control and Prevention. In Oregon, more drug poisoning deaths involve prescription opioids than any other type of drug. The Oregon Health Authority says an average of three Oregonians die every week from prescription opioid overdose.

The original bill, sponsored by Rep. Mitch Greenlick, D-Portland, and House Majority Leader Jennifer Williamson, D-Portland, would have limited prescriptions to seven days, unless a healthcare practitioner determined more was needed for an acute medical condition or for various types of pain, like that associated with cancer. It also would have made it a crime to refuse to furnish records or to prevent inspections.

In a Feb. 28 memo to the healthcare committee, Oregon Medical Association general counsel Mark Bonanno said: “We do not believe criminalizing prescription writing achieves better patient care. In fact, if practitioners fear prosecution for writing prescriptions for opioids or opiates, we

expect the pendulum for the public health issue of properly treating pain will swing all the way back to under-treatment of pain.”

Under the amended bill, the Oregon Medical Board, the Oregon State Board of Nursing and the Oregon Board of Dentistry would provide notice to practitioners they regulate of recommendations for safe use of opioids.

Among the guidance contained in Oregon Opioid Prescribing Guidelines: Recommendations for the Safe Use of Opioid Medications:

- Consider opioid therapy only if expected benefits for both pain and function are anticipated to outweigh risks.

- Prescribe the lowest effective dosage.

- If clinicians suspect their patient might be sharing or selling opioids or intentionally misusing them, clinicians should consider urine testing to consider whether opioids can be discontinued abruptly or tapered.

- Clinicians should avoid prescribing opioids and benzodiazepines (a class of psychoactive drugs).

Now the bill goes to the Oregon Senate.



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