

Suicide prevention program offered at Fire Hall

Suicide Prevention Awareness Training is being offered by Age Friendly Sisters Country (AFSC) in partnership with St. Charles Healthcare and Council on Aging of Central Oregon.

Participants who would like to be equipped with skills to help individuals that may be in need are invited to join our free training session, January 24, 1 to 2:30 p.m. at the Sisters Camp-Sherman Community Hall, 301 S. Elm St.

QPR (Question, Persuade, Refer), an evidence-based training program, is intended to offer hope through positive action. Space is limited; pre-registration is required. Contact Beverly Halcon by emailing at agefrendlysisters@gmail.com or 818-674-7686.

The session will be led by Emily Burnham, Strategic Communications and Public Relations Manager for the Council on Aging of Central Oregon.

Sisters to host forum on vaping

By Charlie Kanzig
Correspondent

Sisters School District is co-hosting an informational night for parents and other concerned adults on Wednesday, January 16, at the Sisters High School auditorium starting at 6:00 p.m. Students are also welcome.

Vaping — the common term for the use of e-cigarettes that deliver nicotine through vapor rather than smoke — is a common and growing phenomenon nationwide and in Sisters (*see related story, page 1*). There is concern that young people do not understand that, while e-cigarettes do not have some of the carcinogens associated with tobacco cigarettes, vaping is not harmless.

Nicotine exposure in people under 25, while the brain is still developing, can impact learning, due to changes in memory and attention. The aerosol can introduce the user and others around them to harmful substances that include ultrafine particles, which can damage the lungs, as well as heavy metals and volatile organic compounds that are known to be unhealthy.

Some signs that your child might be vaping according to professionals include:

- Increased thirst due to the act of vaping leaving the mouth feeling dry.
- Dry mouth can result in the desire

for flavor so your child may be reaching for salty, spicy or tangy foods.

- Dehydration of the mouth and nose can sometimes cause nosebleeds.
- Skin breakouts and acne on the areas around the mouth and nose.
- Finding unfamiliar gadgets that look like USB drives, battery chargers, metal pens, or “spare parts” such as wires, small “pod” containers, or other unfamiliar tech-looking devices.
- Slight fruity smell if the use of flavored “e-juice” is being used.
- More distant, elusive behavior.

What can parents do?

- Show your child that you are aware of the vaping epidemic and talk to them in a very straightforward manner about your concerns and expectations regarding the issue. Share information with them from a variety of resources underscoring the danger.
- Be on the lookout for e-cigarette paraphernalia. (You can find images on the internet of the types of devices used for vaping so you know what you are looking for.)
- If you find evidence, craft a plan for dealing with the situation and follow through on that with your child.
- If you want to know if your child has nicotine in his or her system, test kits are available for use at home using a urine sample. You may also want to test for THC, the active ingredient in marijuana while you are at it.
- If you believe that your child may

be addicted, take them to a healthcare provider and visit www.smokefree.gov to learn about how to end the addiction.

SHS health teacher Heather Johnson says, “Don’t be afraid to communicate. Regularly question your student and encourage positive communication/discussion around the effects of vaping. Some helpful tips are: be patient and ready to listen, avoid criticism, encourage an open dialogue, and have a conversation — not deliver a lecture.”

She added, “Random drug testing your student has been found to be a useful tool and a very positive outcome for both the student and parents in our community. You can buy nicotine, marijuana and alcohol, urine test strips on Amazon. Nicotine strips are usually 50 cents a strip. Students have shared with me that random testing really helps give them an excuse not to use and there is a sense of pride and accomplishment when their tests prove that they have not used. Those tests that come up positive are a powerful indicator to the student that they may be dancing on that fine line of addiction and could benefit from seeking out professional assistance immediately. Students and parents have shared with me that random testing overall has helped to improve communication and build stronger, trusting bonds within the family.”





WHOLISTIC
— NATURAL HEALTH —
LIFE IN BALANCE

RESTART PROGRAM
— Starts January 30 —

- ✓ Whole Food Challenge
- ✓ Sugar Detoxification
- ✓ General nutrition tools to improve digestion, blood sugar, weight & hormones

Molly Zarnick, NTP
541-719-8863
www.wholisticnaturalhealth.com

Wholistic Natural Health

Do you struggle to get enough sleep each night? Experience joint pain, digestive issues, headaches or brain fog? Or are you just feeling less than optimal? Let Molly Zarnick, a nutritional therapy practitioner with Wholistic Natural Health, help you feel your best.

Molly bases her practice on the belief that whole food nutrition with nutrient-dense food, lifestyle and practices that heal and support gut health is the basis of good health. She offers private nutritional and lifestyle evaluations including specific nutritional health concern support, and group educational programs, such as the Restart Program, a whole food challenge and sugar detoxification program.



Restart, reset, feel better. The next Reset Program starts January 30, and includes five in-person educational modules and an easy-to-follow three-week sugar detox. Learn about how general nutrition impacts digestion, blood sugar, weight, and hormones. Come away with tools to start your year feeling better than ever!



NOW TAKING RESERVATIONS

An Independent & Assisted Living Community

Life in the Heart of Sisters Country

www.thelodgeinsisters.com

541-549-5634

Opening Spring 2019

SEASONS MANAGEMENT LLC
A Senior Living Management Company

The Lodge in Sisters

All of Sisters has been watching The Lodge in Sisters rise out of the meadow just south of Sisters Post Office.

The urgently needed assisted-living facility is set to wrap up construction at the end of January, which will allow them to start the permitting process and get ready for residents to move in.

The beautiful facility is still taking reservations for studio and one- and two-bedroom apartments. The one-bedrooms are filling up quickly. There will be a total of 62 apartments available to house the 96 residents for which The Lodge in Sisters is licensed.

Residents will be able to stay in their apartment as their situation evolves from independent living to a assisted living for those in need of support



with the activities of daily life. The beautifully appointed facility will offer many amenities including morning exercise, various board games and bingo and a community theater.