

# Toys enhance kids' nutrition therapy at MCMC

Colorful toys to encourage active play, such as hacky sacks, hopping balls, and jump ropes, have been distributed to young patients at Mid-Columbia Medical Center—much to their delight.

The purchase of the toys was made possible by a grant that Mid-Columbia Health Foundation received from the Juan Young Trust to help combat childhood obesity.

“Every child who recently came in for nutrition therapy has been given something fun to take home,” said Melody Acosta, a registered dietitian nutritionist and certified specialist in pediatric nutrition at MCMC. “And bigger toys have been reserved for kids who follow through with their goals. The patients have been loving their surprise toys!”

When a child is identified by their doctor as overweight, the child may be referred to MCMC for outpatient medical nutrition therapy. Through the program,

registered dietitians provide the necessary support and education to help the child improve their health and eating habits.

The program, located at MCMC Water's Edge, begins with an hour-long assessment of a child's current habits and food intake. The entire family is invited to attend in order to understand ways to help the patient at home. The families—or the patients themselves, if they are older than 8 years—are asked to make a commitment to a lifestyle change.

“It might be something as small as ‘stop drinking soda’ or ‘eat breakfast at home every day’ or ‘eat vegetables at lunchtime,’” said Acosta. “These small changes make a big difference over time.”

Shorter follow-up appointments of 15 to 30 minutes each occur between two weeks and three months, and small goals are set at each visit with a goal of decreasing the child's body mass index percentile.



Melody Acosta, a registered dietitian nutritionist and certified specialist in pediatric nutrition at MCMC, stands among some of the colorful toys given to young patients to encourage active play. Contributed photo/MCMC

## WHAT'S HAPPENING

**SUBMIT YOUR EVENTS AT THE DALLES CHAMBER WEEK EVENTS OR EMAIL ONE WEEK IN ADVANCE TO MGIBSON@THE DALLES CHRONICLE.COM. LISTINGS ARE FREE.**

### FEBRUARY

**Wednesday, February 12**  
**LASER POSTCARDS:** Valentine Laser Postcards, 3:30 to 6 p.m. at The Dalles-Wasco County Public Library, 722 Court St., The Dalles. Registration required; 541-296-2815.

**Thursday, February 13**  
**HISTORY HOURS:** History After Hours with the Wasco County Historical Society is 5 to 7 p.m. at the historic St. Paul's Chapel, 601 Union St., The Dalles. The event, in its seventh year, is intended to be an informal way for people who are on the various boards and committees of historical organizations in The Dalles and Wasco County to get to know each other and give an update on their activities and future plans. Appetizers will be served, and there will be a cake to celebrate Oregon's birthday.

**GOVERNMENTAL AFFAIRS:** Governmental affairs, 7 to 8 a.m. at The Barbecue, 1013 W. Sixth St., The Dalles. Open to public.  
**NAIL POLISH:** Teen Nail Polish Art, 4 to 5 p.m. at The Dalles-Wasco County Public Library, 722 Court St., The Dalles.

**KIWANIS PROGRAMS:**

Kiwanis meetings are held every Thursday at noon at Spooky's, and visitors are welcome. This week's events include: Tracy Witkowski will talk about foster parenting. For more information go to [www.thedalleskiwanis.org](http://www.thedalleskiwanis.org).

**Friday, February 14**  
**PRESCHOOL YOGA:** Preschool Yoga, 10 to 10:30 a.m. at The Dalles-Wasco County Public Library, 722 Court St., The Dalles. Free.

**Saturday, February 15**  
**ADULT YOGA:** Adult Yoga, 10 a.m. at The Dalles-Wasco County Public Library, 722 Court St., The Dalles. Heart and hip openers. Free.

**HISTORY FORUM:** The army camp in Rufus is the topic of the third Regional History forum at the Original Wasco County Courthouse. Presenter Cal McDermid is director of the Fort Dalles Museum and a Sherman County native. He explores the unique settlement in Old Wasco and later Sherman County, and the role of Camp Rufus in developing technology for bridging the Rhine in a presentation titled “Rufus and the Army Camp that Helped End World War II.” Program begins at 1:30 p.m. in the upstairs courtroom of the 1859 courthouse, 410 W. 2nd Place, The Dalles. Admission is free, cookies and coffee will be served. Additional forums are Feb. 22 and 29.

**FAMILY MOVIE:** YouthThink

free family movie at Columbia Cinema, 10 a.m., doors open 9:15 a.m. Doors close at 10:10 a.m. or earlier if the maximum of 400 people has already arrived. YouthThink volunteers will be collecting free-will donations for the local food bank and Back Pack program. Donations not required for entrance.

**OPEN CONSOLE:** Open Console Play, 3:30 to 5 p.m. at The Dalles-Wasco County Public Library, 722 Court St., The Dalles. Free.

**Monday, February 17**  
**ON AIR:** The Dalles Area Chamber of Commerce on the Air. Chamber chat on all sorts of topics. 8:35 a.m. KHR; 10:10 a.m. KODL.

**AGLOW:** The Dalles Aglow Lighthouse Meeting, 6 to 9 p.m., no host dinner with reservation, open meeting 6:45 p.m. Global Kingdom movement made up of women and men with a single purpose: to see God's will be done on earth as it is in Heaven. Focus of this meeting will be President's Day and praying for our country with live music.

**Tuesday, February 18**  
**LUNCH AND LEARN:** Pre-planning and bereavement are the topics noon Tuesday, Feb. 18, at Anderson's Tribute Center, 204 E. 4th St., The Dalles. Speakers will include attorney Thomas Peachey, Hear of Hospice's Rheva Wren, family counselor Dianne Level and funeral director

Jack Trumbull. Learn about legal issues, advance directives, documents and assets to protect yourself, your family and your assets. Free, RSVP 541-296-2600. Open house, pizza and drinks.

**YARN SPIRATION:** Finish up those half-finished projects in your closet. Bring your yarn and knitting needles/crochet hooks, or other projects and a sack lunch. All ladies are welcome. Free, noon to 2 p.m. at the Salvation Army Fellowship Hall, 623 E. Third St., The Dalles.

**RETIRED EDUCATORS:** Unit 20, Oregon Retired Educators, will meet noon at the Kobe Asian Cuisine (next to Rite Aid) in The Dalles. The program will be presented by Don Warren, president of Main Street The Dalles. Inquiries may be directed to Unit 20 President Sue Hukari, 541-386-1516.

**Wednesday, February 19**  
**CAREGIVER SUPPORT:** Family & Caregiver Alzheimer's/ Dementia Support Group 3-4 p.m. Meetings are held the third Wednesday of each month. at Flagstone Senior Living, 3325 Columbia View Drive, The Dalles. Also, Alzheimer's & Dementia Related Support Group, 3 to 4 p.m. on the Terrace at Flagstone.

**Thursday, February 20**  
**AFTER HOURS:** Business after hours, Curtis Homes, exact location to be announced, 5 to 7 p.m.

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## DEATHS

**Lorene “Judy” Walker Johansson**, 75, a resident of The Dalles, Ore., died Wednesday, Feb. 5, 2020. Viewing will be held 9 a.m. Saturday, Feb. 15, 2020, at Spencer, Libby & Powell Funeral Home. Graveside services are planned for 10:30 a.m. Saturday, Feb. 15, 2020, at IOOF Cemetery (Parklawn), 2565 3 Mile Road, The Dalles, Oregon.

**Philip “Phil” Lawrence**

**Brady, III**, 73, a resident of Hood River, Ore., died Saturday, Dec. 8, 2019, at his home with family by his side. He was born April 7, 1947. A celebration of his life is planned for March 14, 2020, at the Crag Rat Hut, 960 Crag Rat Road, Hood River. Please RSVP to 541-386-8782. Arrangements under the direction of Anderson's Tribute Center, 1401 Belmont Ave., Hood River. Visit [www.AndersonsTributeCenter.com](http://www.AndersonsTributeCenter.com).

com to leave a note of condolence for the family.

**Jennifer D. McLaren**, 26, a resident of Hood River, Ore., died in The Dalles Tuesday, Feb. 4, 2020. A Celebration of her life will be held in April with date and time pending. Check the Spencer, Libby and Powell Funeral Home's website for upcoming info.

**John Proctor**, 81, died Dec. 27, 2019, at Oregon Veterans'

Home in The Dalles, Ore. He was born Sept. 29, 1938. A graveside service will be held 10:30 a.m. Thursday, Feb. 13, 2020, at Willamette National Cemetery, 11800 SE Mt Scott Blvd., Happy Valley, Ore. Arrangements under the direction of Anderson's Tribute Center, Celilo Chapel, 204 E. 4th Street, The Dalles. Visit [www.AndersonsTributeCenter.com](http://www.AndersonsTributeCenter.com) to leave a note of condolence for the family.

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