

THE COUNTRY STORE

By Erik Vidstrand
The Southwest Portland Post

Eye Care Northwest opens in Multnomah Village

A new medical care business has opened in the Meals on Wheels building

in Multnomah Village. Located at 7724 SW 31st Ave, Eye Care Northwest is open 9 a.m. to 5 p.m. Monday through Friday and 9 a.m. to noon on Saturdays.

Eye Care Northwest offers a state-of-the-art medical practice for individuals with traumatic eye injuries, embedded foreign bodies, or cancers.

Karen Winchester, M.D., has been practicing comprehensive ophthalmology in the Portland area for over 18 years and just recently opened her business.

"My practice includes routine eye exams," Dr. Winchester said. "I also treat a wide variety of conditions such as glaucoma, diabetic retinopathy, cataracts, and macular degeneration."

Dr. Winchester earned her medical degree from the University of Pennsylvania, interned at Cornell University Hospital, and completed her ophthalmology residency at the University of Illinois in Chicago.

According to Allan Arlow, business administrator, there is a vacuum of ophthalmologists in southwest Portland.



Martha Younie sells Nate Washington, 12, a book of stamps at the Hillsdale Post Office. (Post photo by Erik Vidstrand)

"Ophthalmologists provide all services that optometrists do but can also treat a broad range of diseases," Arlow said. "There are many nursing homes and assisted living centers in the area with elderly patients in need of ophthalmology care."

Arlow explained that Winchester's practice includes evidence-based guidance on nutrition, exercise, and other lifestyle choices in the support of optimal eye health.

Dr. Winchester offered some tips on eye care, especially for elderly people.

"As we get older," she said, "our eyes can change in many ways. Cataracts

(clouding of the lenses), is a problem most people will eventually develop. This can be routinely and successfully treated with a surgical procedure."

Winchester explained that other problems which can arrive later in life are not so obvious in the early stages.

"That's why it's important to have a thorough eye exam more frequently as people age," she warned. "Glaucoma (high pressure in the eye), like high blood pressure, usually has no immediate symptoms but can cause vision loss if not found and controlled."

"Anyone with diabetes should also have an eye exam at least once a year because it, too, is a leading cause of vision loss."

Dr. Winchester has lived in the Bridlemile neighborhood for 17 years.

Hillsdale contract post office closes after 25 years

After years tucked away in a Hillsdale parking lot, the Hillsdale Postal Center has closed. The owner, Angie Hefflinger, is retiring after 25 years. She is prohibited from transferring her ownership title.

It's actually called a mail contract postal unit and many of them are located all across the country. The U.S. Postal Service poster on the door stated that they would not expand any contract stations before July 2017 due to national labor arbitration.

Postal clerk Martha Younie interacted with customers as they shared personal gossip with each other. News of 'Aunt Margaret' and how someone's son was doing were overheard during this reporter's interview.

Behind the counter is a map with hundreds of pins showing all the places packages have been mailed over the years. It's framed by postcards from customers who have traveled the world and sent their well wishes to the postmistress. Even this reporter saw one of his cards still hanging up from years ago.

A wall-of-fame display showcased over three dozen local authors' books. Who's to know where these artifacts will go?

"There will never be a place like this again," said regular customer Donica Washington. "I opened my mailbox here in 1993." Washington comes all the way from Tigard.

"We're all going to mourn the loss of community here after we close," Younie sighed as she repackaged a gift for a customer. "It's a big loss."

Angie Hefflinger was not available for comment.

The next closest post office is at the U.S. Postal Service, Multnomah branch located at 7805 SW 45th Ave.

(Continued on Page 5)

NW Natural
APPLIANCE CENTER
Up to \$1300 in Rebate and Tax incentives!
KOZY HEAT FIREPLACES
503-220-2362
nwnaturalappliances.com
2610 SE 8th Ave, Portland, OR 97202

MARIJUANA PARADISE
9663 SW Barbur Blvd
Portland, OR 97219
(503) 206-7462
www.paradisepdx.com
Our knowledgeable and helpful staff will assist you with both medicinal and recreational products.
10% OFF Entire Order
(Expires 9/30/16)

West Hills DENTAL CENTER
503•291•0000
www.fearfreedental.com
Sedation ♦ Family Dentistry ♦ Implants



Ophthalmologist Dr. Karen Winchester opened Eye Care Northwest recently. She treats people with traumatic eye problems and offers routine eye wellness exams. (Photo courtesy of Allan Arlow)

When your pet needs surgery...
You want expert* care!
OREV
SPECIALTY VET CARE
Comprehensive | Compassionate | Uncompromising
Specialty care within your reach
Orthopedic ✓ Minimally-invasive ✓ Oncological ✓ GI
Abdominal ✓ Thoracic ✓ Reconstructive ✓ Trauma and more
7637 SW 33rd Avenue (in the heart of Multnomah Village)
www.orev.vet 503.477.7122
Schedule an appointment directly or by referral from your vet.
* Advanced care by board-certified vet surgeon.
Special friends. Specialty care. Specialist vet – OREV