

### "Short of Breath"

Dr. Jeffery Fullman will discuss "What It Means When You're Short of Breath" on Friday, August 22, 12:15 p.m., at Tigard Senior Center, Tigard. Dr. Fullman is a Tualatin internist on the medical staff at Meridian Park Hospital, Tualatin. The meaning and warning signs of being short of breath will be discussed.

The program is part of a new senior education series, HEALTHWISE, sponsored by the hospital and participating agencies in the community, and includes a variety of lectures by staff and physicians from the hospital. Programs are scheduled in participating retirement facilities and senior centers in Sherwood, Wilsonville, Lake Oswego, King City-Summerfield, Tigard, Tualatin and Woodburn.

For additional information or a complete program schedule, contact the community education department at the hospital.

### THANK YOU

Your kind expressions of sympathy are deeply appreciated and gratefully acknowledged by the family of Walter L. Sayles.

### Burn Center Receives \$10,000 From Gilmore Foundation

The Oregon Burn Center at Emanuel Hospital & Health Center is the recipient of \$10,000 from the William G. Gilmore Foundation.

The Gilmore Foundation was started by William G. Gilmore, founder of Gilmore Steel Corp. Gilmore Steel is the parent company of Oregon Steel Mills in Portland.

The motivation for the gift is to keep burn care superior in the Portland area, says Malcolm G. Putnam, Vice-President of Employee Resources for Oregon Steel Mills.

"We are far more interested in having no accidents, but like other heavy industries, we occasionally have the need to have one of our employees treated at the Burn Center. We want the very best care for our employees," Putnam said. Putnam also is a member of the Burn Center's advisory committee, a group of concerned citizens dedicated to raising funds and visibility in the community for the Burn Center.

The Oregon Burn Center provides care to burn patients from throughout the region. It is the only burn center from Tacoma, Washington to Salt Lake City, Utah and to Chico, California. Although the Burn Center sees a wide variety of patients, most patients are males between 15 and 44. Injuries can be fire, scald, chemical or electrical burns.

The 12-bed unit is staffed by specially trained medical personnel who specialize in the care of burns. It is backed by Emanuel's strong surgical services, a skin bank and the Emanuel Rehabilitation Center.

### Party Gets New Kindergarteners In The Mood

An "Off to School" party takes place Tuesday, August 12, from 9:30 to 11:00 a.m. at Gregory Heights Community School, 7334 N. Siskiyou. For 5-year-olds heading off to kindergarten this fall, it's a positive way to get in the mood for the coming event.

The party will be a mini-version of a typical morning in kindergarten. Children will make some surprise supplies that they can take with them on the first day of school. Refreshments will add to their fun. The fee is \$3 plus \$1 for materials.

### "Pills & Your Pressure"

"Pills & Your Pressure" will be discussed by pharmacist Chris Pak at the September hypertension screening clinic at Meridian Park Hospital, Tualatin.

The presentation is scheduled Thursday, September 18, 1:15 p.m. preceding the free monthly screening clinic which runs from 2-4 p.m. in the cafeteria conference room. There is no charge.

### OPEN HOUSE

The Reading tree is winding down its fifteenth year of the Reading Tree Summer Program. We will be celebrating with an open house at Irving Park, N.E. 7th and Fargo (two blocks south of Fremont Street), on Thursday, August 7, 1986, from 12:00 Noon until 2:00 p.m.

For further information please contact Marie Taber at 282-6925.



The NAACP, America's oldest civil rights organization, recently received a \$50,000 pledge toward the cost of its new headquarters building in Baltimore, Md., from RJR Nabisco, Inc. Marshall B. Bass (left), senior vice president of RJR Nabisco, presented a \$25,000 payment on the pledge, as well as a \$30,000 contribution to NAACP's Special Contribution Fund, to Benjamin L. Hooks, executive director of the NAACP.

### Call Us For Help

METRO Crisis Intervention Service, a non-profit agency, helps to assure that individuals and families in the area have assistance when facing problems which might overwhelm or exceed their coping skills.

Anyone can receive METRO's services, free of cost. All calls are confidential and can remain anonymous.

Our counseling takes place over the phone. However, when in-person contact is necessary, METRO staff may go directly to the crisis scene.

METRO's basic approach on a short term basis is to help callers with problems, stresses and trauma in their lives such as depression, suicide, mental illness, family problems, domestic violence, alcohol/drug issues, and interpersonal relationship problems.

METRO also provides information and referral to over 3,000 community resources, and in conjunction with United Way, handles their after-hours information and referrals.

TTY Communication for counseling, information and referral to the hearing impaired and deaf is also available.

If you need help, call METRO's crisis line, 223-6161. We are open 24 hours a day, 7 days a week, 365 days a year.

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