

### Fraud On Older People

Older persons are often targets of fraud schemes. As with people of all age groups, seniors can be manipulated into making decisions based on greed, desperation, carelessness or naivete. Con artists get rich when they find others in this state of mind.

1. Be cautious when contracting for home repair service, particularly if the worker solicited you. Before paying for the job, inspect their work to assure yourself it has been properly performed. Pay only in installments and never with cash. Ask for old parts or equipment to ascertain that replacements were actually installed.

2. Be suspicious of work-at-home schemes advertised in newspapers and magazines where you are obligated to send your money in advance for a starter kit.

3. Check out organization or individual soliciting you for funds.

4. Never let strangers urge you into withdrawing large sums of money regardless of their credentials.

5. Do not reveal financial affairs, marital status or banking practices to anyone unless you can confirm the legitimacy of their inquiry. Do not be fooled by fake business cards or professional appearances.

7. Beware of the "bank examiner," strangers wishing to share lost or gambling money with you, the "furnace inspector" or any high pressure salesperson.

Remember, swindlers may be men or women, are usually very personable and convincing, the kind of person you would be willing to trust on short notice.

### Let's Shape Up

Women of all shapes, sizes and ages are invited to a special fitness workshop "Let's Shape Up", Tuesday, May 19, 7-9:30 p.m., at Meridian Park Hospital, Tualatin.

Regardless of the shape you're in, you'll learn how to begin (or improve) your personal fitness plan and to tailor a whole-body program to meet your needs. Testing will be done for body composition analysis, flexibility and muscular endurance, and exercise equipment will be available for demonstrations. Clothing should be comfortable.

The workshop will be led by exercise physiologists Patti Finke. There is a \$12 fee, and pre-registration is required.

For additional information or to register, contact the Community Education Department, 692-2656.

### Infant Toddler CPR Course Offered At Emanuel

Parents, teachers and others who work with children can learn CPR (Cardiopulmonary resuscitation) and general lifesaving techniques for infants and toddlers at a special course offered at Emanuel Hospital & Health Center.

The in-depth, four-hour sessions are taught by registered nurses from the hospital's highly regarded newborn intensive care unit. It is one of the only courses in the area that uses a toddler-sized mannequin for CPR training, according to Mary Kaye Brady, course coordinator. The classes also include first aid and an exercise program to give babies a healthy start in life.

Courses this spring will be held May 12, 19 and June 2 and 9 from 6 p.m. to 10 p.m. at Emanuel. Cost is \$18 and includes certification upon completion. Classes are limited to six participants, so persons are asked to pre-register right away by calling 280-4284.

### Emanuel Offers Diabetes Education Program

A comprehensive education program for diabetics and their families is being taught this spring at Emanuel Hospital & Health Center.

Led by a specially trained team of registered nurses, physicians, registered dietitians and other health professionals, the four-session, evening course teaches skills to maintain wellness and minimize symptoms. This condition's causes and symptoms, and the latest treatments are covered through discussion, audio-visual presentations and demonstrations. Instructors also help participants develop individual diet plans and exercise programs.

Cost of the program is \$110, and is covered by most major insurance companies and Medicare. Physician referral is necessary, however, for insurance reimbursement.

To register for upcoming classes, which begin May 4 and June 8, call 280-4284.

### One Day Workshop

Meridian Park Hospital, Tualatin, will offer a one-day workshop "Dealing With Difficult People" on Saturday, May 23, from 9 a.m. to 4 p.m. at the hospital.

Participants will learn how to deal positively with the anger and frustration that difficult people can cause, whether they're co-workers, clients, family or friends. Also covered will be identifying the difficult person's motivations, reinforcing positive behavior, and how to be less of a target.

Cost of the workshop is \$25, which includes lunch. For more information or to register, call the Community Education Department at the hospital, 692-2656.

### Artquake '87 Applications

Artquake, Portland's multi-arts festival, of the people, by the people, for the people, is moving back to the heart of the city, to Pioneer Courthouse Square. Appropriately, this year's theme is "Oregon Arts and Artists." Artquake '87 will be held on Labor Day Weekend, September 5, 6, and 7th.

Proposals are now being accepted for all programs. Applications for Kid-space, Theater, Dance, Music, Literary and Visual Arts, Arts Organization and from those interested in operating Food Booths are available at the Artquake office located in the Masonic Temple at 922 S.W. Main Street, or send a self-addressed, stamped envelope to the appropriate program at Artquake, P.O. Box 9100, Portland, OR 97207.

### Grant High School Presents

Grant High School will present "The International Touch", their 2nd Annual 1987 Spring Fashion Show, Friday, May 15, 1987 at 7:00 p.m. in the Grant High School Auditorium, 2245 NE 36th, Portland, Oregon.

Advanced tickets are \$1.00 and support the Scholarship Fund. Tickets are available at the Grant Student Store and from participating students.

For more information call: Grant High School, 280-5160, Ray Johnson, Ext. 52.

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