

HEALTH

The Portland Observer

More Shots For Children

Three months after Oregon's most successful campaign ever to immunize children, it may be time for parents to protect their little ones with the next round of shots.

State Health Officer Kathy Gaffney applauded the success of Oregon Public Broadcasting's May Immunize Now Campaign, a statewide effort that resulted in some 16,000 shots for more than 6,000 children. However, she cautioned parents that, when it comes to immunization, once is not enough: "The need for immunizations is ongoing," she said. "Children need several doses of vaccine to prevent diphtheria, tetanus, pertussis, polio and other potentially fatal or crippling diseases."

If the health rationale isn't convincing enough: State law requires all infants and children in any Oregon school, preschool, headstart, daycare or family care setting to be fully immunized, in the process of completing their immunization schedule or exempt for medical or religious reasons. "With the beginning of school just around the corner," said Gaffney, "It's a good time for parents to be sure that all their children have had the shots they need."

Children can be immunized by private physicians or at local health departments. Parents needing information about childhood vaccinations should call their child's health care provider. For more information or

help, they can call their local health department.

More than 50 members of the Oregon Preschool Immunization Consortium worked together on May's immunization push. Already, consortium members are discussing plans for next year's campaign.

The campaign was spurred by Oregon Benchmarks, an effort by Oregon's public and private sectors to meet a set of legislatively approved goals for the state. The benchmark for immunization strives to achieve full immunization of Oregon's 2-year-olds by the year 2000. A recent survey of Oregon's first graders found that about 53 percent had received the necessary shots at 2.

Women To Speaking Out

Every year in Oregon, hundreds of women suffer and die because of cancers that could have been prevented. In an effort to save women's lives and educate the public about early detection of cancer, Oregon's new Breast & Cervical Cancer Coalition plans a Speak Out from 11:30am to 1pm on Wednesday, Sept. 14 at Terry Schunk Plaza, at Southwest Third and Madison in downtown Portland.

At the event, women and men of all ages and all walks of life will talk about breast and cervical cancer and speak out about saving women's lives. Coalition president Lolly Champion encourages anyone who

has had breast or cervical cancer or watched a friend, relative or acquaintance face these diseases to join together and speak out: "We can save women's lives through early detection for breast and cervical cancer. We need to take charge of our lives and encourage our mothers, daughters, sisters, wives and friends to get screened for cancer."

The coalition plans to present guidelines for prevention and early detection of cancer. The Oregon statistics for cancer prevention are compelling:

* An estimated 1,900 women will be diagnosed with breast cancer in 1994.

* At least 17 percent of women age 50 and older have never had a mammogram. This group is at the greatest risk of getting breast cancer.

* An estimated 170 women will be diagnosed with cervical cancer in 1994.

* About 17 percent of women age 18 and older have not had a Pap test in the past three years. Pap Tests are the only reliable way to detect cervical cancer.

Regular screening increases the chances of early detection and saves lives. For more information about the Speak Out, call Judy Brodkey or Patricia Schoonmaker at the Oregon Health Division, 731-4025.

Health Division To Raise Record Fees

The Oregon Health Division proposes to increase the fees for vital records. Under the proposed amendment, the price of a birth record will increase \$1 to \$15 for the first copy ordered. A death, marriage or divorce record will increase \$2 to \$15. All additional copies of the same record ordered at the same time will decrease to \$12.

Part of the added revenue will go to the Oregon Commission on Children and Families. The new fees were passed by the 1993 Legislature to fund programs for the prevention of child abuse. Increased revenue will also cover changes in how the center for Health Statistics disseminates and analyzes data for police makers and other customers.

Clegg Makes Dean's List

Jackson State University announced that Pamela Clegg of Portland has been placed on the school's honor roll for the 1994 spring semester. Clegg completed a minimum of 15 hours during the semester and obtained a grade point average of at least a 3.0 point or B average.



Four-tined forks came into common use in American homes around 1800. Before that, two- or three-tined forks had been more customary.

Black Affairs Group To Meet

The Oregon Assembly For Black Affairs will hold a quarterly meeting Sept. 10 from 10 a.m. to noon at the Isaac/Peggy Brook Building, 3620 N. Williams Ave. The session is open to the public.

A panel of five individuals will lead a "Public Discussion of the 1994 General Election" and its implications for African Americans in Oregon.

The assembly's purpose is to improve the political, educational, social, legal and economic status of Blacks in Oregon.

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Zivia Sweeney Appointed VP For Blue Cross of California

Zivia Wilson Sweeney is the first African-American to hold a position as vice president of Wellpoint Financial Services, a subsidiary of Blue Cross of California.

Zivia Wilson Sweeney has been appointed vice president of corporate finance, planning and analysis for WellPoint Financial Services, a subsidiary of Blue Cross of California. She is the first African American to hold this position.

Sweeney is responsible for all budget and forecasting activities, including monitoring the Corporate budget function, mergers and acquisition analyses and for overseeing the financial responsibilities for all areas reporting to the senior vice president and chief financial officer.

Prior to joining AMI, she was corporate controller and treasurer for Revel, Inc. She began her career in 1979 at Coopers and Lybrand. Sweeney is a certified public accountant. She earned a bachelor's and master's degrees in business administration from the University



Zivia Wilson Sweeney

of Southern California, Los Angeles.

WellPoint Health Networks, Inc. is one of the nation's largest

publicly traded managed care companies, serving the health care needs of over 2.4 million medical members.

Navy Commander Receives Medal



CDR Bostwick with his wife, Kathleen, and The Deputy Commander-in-Chief Iberian Atlantic area, Radm Ralph Tindal, U.S. Navy.

Navy Cmdr. Steven R. Bostwick, son of Jerome E. Bostwick of 2300 SE 82nd, Portland, Ore., recently received the Defense Meritorious Service Medal while serving as, With Commander In Chief Iberian Atlantic Area, Oeiras, Portugal. Bostwick was cited for exceptionally meritorious service for the Armed Forces of the United States.

The medal, presented during a formal ceremony in the name of the

Secretary of Defense, is official recognition for Bostwick's initiative, accomplishments and devotion to duty.

Bostwick is currently assigned to ships Operations Military Sealift Command, Oakland, Calif.

The 1972 graduate of Lewis and Clark High School of Spokane, Wash., joined the Navy in May 1977. Bostwick is a 1977 graduate of the University of Idaho, Moscow, Idaho, with a BS degree.

Volunteer Opportunities For Seniors 55 And Better

The Retired and Senior Volunteer Program of Multnomah County encourages anyone aged 55 and better, whether retired or still working, to beat the summer doldrums by becoming involved with worthwhile and much needed community volunteer projects. Here are listed a diversity of opportunities:

1000 Friends of Oregon: Needs clerical help and a librarian. located at 534 SW 3rd #300 in downtown Portland.

Legacy's Mount Hood Medical Center: Needs volunteers to answer all courier and volunteer calls for whichever floor you are assigned. Answer visitors' questions, check tea and coffee cart. Gresham area.

Head Start-Portland Public Schools: Needs adult tutors for Head Start parents. Located at Sacajawea School, 4800 NE 74th Ave.

Volunteers Of America Family

Nursery: Needs teacher assistants to help provide a loving, supportive environment for at risk children.

In Act, Inc.: Needs a medical clinic nurse to assist doctor in conducting brief medical exams at outpatient drug treatment center. Patients are court mandated.

Mount Hood Community Health Center, Gresham: Needs peer counselors in their VIEWS (Volunteers Involve For The Emotional Well-Being Of Seniors) program.

If you are interested in any of these or want to learn about other volunteer opportunities, please call Helen Whal, RSVP at 229-7787. RSVP is part of the Corporation for National and

Community Service and is sponsored by Legacy Health System at Good Samaritan Hospital & Medical Center.

Red Cross Offers Infant & Child CPR

During September, Red Cross will offer Infant and Child CPR at the Oregon Trail Chapter, 3131 North Vancouver, Portland.

Infant and Child CPR, a five-hour course, teaches how to care for an infant or child who stops breathing or is choking, give CPR, reduce the risk of injury, and use the emergency medical services (EMS) system effectively.

September class date include:

* September 10 9am to 3pm

* September 13 and 15

6pm to 9pm

Cost is \$22, for more information or to register call 280-1440.

ODS Health Plan Sponsors Symphony's Opening Gala

ODS Health Plans will sponsor the Oregon Symphony's Opening Gala for the fourth year. The event is scheduled for Saturday, Sept. 10 at the Arlene Schnitzer Concert Hall and will begin at 5pm and the concert at 8pm.

Legendary soprano Kathleen Battle will join Symphony Music Director James DePreist and the orchestra for Mozart's "Exsultate Jubilate," and Andre Previn's "Honey and Rue."

The Gala evening will also include cocktails, dinner at the Portland Hilton, a drawing to win a trip for two to the French Riviera-- which will include tickets to see James DePreist conduct the Monte Carlo Philharmonic -- and a post-concert reception. Complimentary parking is also included. Concert-only tickets range from \$19 to \$40. All proceeds will benefit the Oregon Symphony.

Donated Cars Help Kidney Patients

The Kidney Association of Oregon is looking for cars that have a clear title, and valid registration. Instead of letting an extra, unused car languish in the driveway while you pay for insurance and registration, donate it to KAO. Why bother with leading with the hassle of selling your car through the classifieds? Donate that seldom-used vehicle to KAO.

After you donate the vehicle, KAO will send you a letter that acknowledges the donation which can be used to substantiate your possible income tax deduction.

Donors can use what is commonly known as a "blue book", compiled by the National Automotive Dealers Association, to determine the car's value. Your insurance agent, car or your banker will have a copy of a "blue book".

Young At Heart Day A Golden Fair Event

The State Fair is fast approaching and Young At Heart Day, Tuesday, August 30, is a featured event for seniors. Those 65 years and older can enter the State Fair that day absolutely Free. If that's not enough, there are many activities and entertainers scheduled to please everyone.

There will be a special senior "Comfort Zone" in the Activity Tent on the Main Lawn Area. The Senior Comfort Zone offers seniors a shaded area where they can sign-up for Free massages, sample free drinks, listen to music and enter drawings for prizes. Massages are limited to those 65 years of age or older and will be given on a first come, first served basis.

A variety of musical entertainment will be available ranging from the Salem Big Band to square dancing. All this entertainment is Free and lasts from 10 am until 10 pm.

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