

HOUSING

The
Portland
Observer

Family Caregiver Homes

The opportunity to make your home fit the care needs of the people residing there is often a matter of making a few changes in both home equipment and the methods of doing basic daily activities. It is important to consider everyone involved—the caregiver as well as the person receiving care. With knowledge about what equipment is available and through discussion you can establish your own list of priorities and needs and can move confidently towards setting up an individualized caregiving environment and routine. Join us for a FREE educational program, designed especially for

family caregivers called "Independence: Practical Tips For Daily Living." Our panel of experts includes Bonnie Harwood, O.T.R., Legacy Visiting Nurse Association; Larry Hampton and Bryan Stewart, HealthTek Home Medical Equipment; and Joyce Wheeler, M.S., P.T., Legacy Rehabilitation Services. Tips from the panel will cover:

- Ways to make your home more secure for daily care including eating, bathing, toileting, resting, and "enjoying"
- Adaptive equipment and supplies which can help offset physical limitations and special needs.

• Smart Body Mechanics to take care of your back/body as you provide assistance to the person you care for.

"Balancing Safety and Independence: Practical Tips for Daily Living," is sponsored by Legacy Family Support Services and will be held on Thursday, June 27, 1:30-3:30 p.m., at Legacy Good Samaritan Hospital and Medical Center. FREE parking is available. Although there is NO CHARGE to attend the program, pre registration is required. Contact Legacy Referral Services at (503) 335-3500 for more information or to register.

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PDC
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DEVELOPMENT
COMMISSION

COMMISSION MEETING
Date: June 19, 1996
Place: PDC
1120 SW 5th Ave., Suite 1100
Commission Conf. Room
Portland, Oregon
Time: 6:30 p.m.

Commission meetings are open to the public. A complete agenda is available at PDC or by calling 823-3200. Citizens with disabilities may call 823-3232 or TDD 823-6868 for assistance at least 48 hours in advance.

PDC is the City of Portland's urban renewal, housing and economic development agency.

Local "Talking Houses" Have Lots to Say

You see an sign on a house that reads: "Talking House -- Turn Your Car Radio To 1610 For Information." Doing so you hear: "Hi, I'm the Talking House at 195 North main Street...I have 3 bedrooms, & 1 bath. As you can see, I am ranch style home with an attached two car garage. The Talking Housing is actually a mini-radio station sitting in the home. It transmits to anyone tuning in.

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How To Best Care For Your Strawberries Throughout Summer

Strawberries will be ripe, red and luscious soon. With a little extra care right away, home gardeners can keep their plants vigorous and able to bear great fruit in the future, said Bernadine Strik, Oregon State University Extension berry crops specialist.

Strawberries come in three types: June-bearers, everbearers and day-neutrals. June-bearers produce one crop per year, usually in June. Everbearers have two crops of berries per year, one in early summer and another in the fall. Day-neutrals bear fruit continuously until frost in the fall.

During hot days, pick ripe fruit often, recommended Strik. Strawberries harvested in the morning usually last longer. Avoid washing the fruit until just before using, to prevent softening and decay.

"Pick all ripe berries," said Strik. "Fruit left on the plant becomes over-ripe, which promotes disease and insect problems."

After strawberry plants finish bear-

ing fruit, Strik recommended the following steps to keep them in good health for next season:

- Keep strawberries free of weeds
- Fertilize after harvest in July in June-bearers to promote fall growth.
- Water strawberry plants all through the growing season, about an inch a week.
- Renovate your strawberry patch for higher yields next year.

Most strawberry plants remain productive for only three or four fruiting years, said Strik. Thin out old and weak plants, leaving about five to six of the most vigorous plants per square foot of row. Train runners to the row. After Sept. 1, remove all runners, as they don't have time to take root before winter's onset.

"If you want to make new plantings, plant in another location to minimize insect and disease problems," said Strik.

For more information about growing strawberries, order the OSU Extension Service publication, EC 1307, "Growing Strawberries in

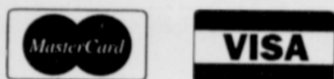
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How To Use Pesticides At Home

Homeowners are beginning an annual rite of spring, launching a major effort to get their yards in proper shape. "Following a hard and wet winter, many Oregonians are anxious to emerge from hibernation armed with the tools to reestablish healthy lawns and gardens. Among the tools: pesticides.

Home-use pesticides--provided that they are handled properly.

"This is the time of the year when people get out in their yard," says Dale Mitchell, manager of the Oregon Department of Agriculture's Pesticide Program. "We want to make sure that if they have a pest problem and they are going to treat it themselves with a pesticide product, that they use those pesticides wisely and safely."

Whether it is applying weed killer, slug bait, or bug spray, it's always best to start by taking some time to think about what has to be done before you actually do it. Too many people rush out to prepare their yard and garden without a plan.

"Number one, identify the pest that is the problem," says Mitchell. County extension offices, ODA's Plant Division, or even your local library all have resources to help you figure out what pest is literally bugging you. That's important because each pesticide product lists the specific insects it is designed to control. The product label clearly states what the pesticide is to be used for.

Much of the homework can and should be done before purchasing the product. A good source of information is the product label itself.

"We strongly advocate three steps," says Mitchell. "Read the label, read the label and read the label."

The label tells you not only what pests the product takes care of, but it gives you special precautions. It spells out what steps you need to take to protect yourself and others during application. Mitchell says it's very important to read the label even be-

fore you buy the product so you understand if it is the correct pesticide for you and how best to use it.

After the purchase comes the application. Once again, reading the label will guide you through the proper method of handling the pesticide. It tells you how to mix the product. Some products may be already mixed but most need to be diluted before application. The label also tells you when to apply the product. Some pesticides require dry conditions, others do fine even if it rains afterwards. The label emphasizes the importance of keeping children and pets away from the material during mixing and application.

Once the pesticide has been applied, it's time for storage or disposal of the unused product.

Where can you find information on storage and disposal? You guessed it, the product label. The Oregon Department of Environmental Quality is another source, especially when it comes to pesticide disposal.

"As far as the storage of pesticides, store them in the original container in a safe, dry location that is out of reach of children," says Mitchell.

Of course the best way to solve a pesticide disposal problem that they can probably use in their entire lifetime," says Mitchell. "Be prudent when you buy the pesticide product. Only buy the amount you intend to apply. That way you don't have storage or disposal becoming an issue."

The Oregon Department of Agriculture licenses commercial pesticide applicators, requiring them to take a test that shows their knowledge of how to use pesticides safely. Many of the materials available to commercial applicators are available to homeowners, although homeowners are not licensed. That is a concern of the agency.

For more information, contact Bruce Pokarney at (503) 986-4559.

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