



Health/Education

Outreach program announces mathematics program

CONTRIBUTED STORY
FOR THE PORTLAND OBSERVER

The Saturday Academy Outreach Program is pleased to announce the 10th Annual Saturday Academy Applied Mathematics (SAAM) Summer Institute for students entering the 9th grade in the fall of 2000. This program offers African American, Latino/ and Native American students a chance to explore mathematical concepts used most frequently in the working world. Leadership, public speaking, cultural enrichment, field trips and follow up support through high school are integral parts of SAAM. The summer

Institute is taught by three senior teachers, three cultural enrichment instructors and twelve peer mentors who have graduated from the program. The program will be held Monday-Friday, July 10-August 4, from 9:00 a.m.-2:30 p.m. at Grant High School. Tuition is \$35. Outreach will also offer the Middle School Institute for incoming 6th, 7th, and 8th graders June 26-30, from 9:00 a.m.-3:00 p.m. at Harriet Tubman Middle School. Students can select one of two workshops: Mathematical Applications in construction (MAIC) or the Math/Science/Tech Program. Tuition for either workshop is \$45. MAIC will offer students an inside

look at bridges and their design and construction. Veteran engineer Peter Ebert will take students on field to study the bridges of Portland then examine the mathematics, economics and physics of bridge construction with students. Students will construct their own bridges out of a variety of material in order to build the strongest bridge. Field trips to other construction sites in Portland and guest speakers from the construction industry will make this a fascinating week. The Math/Science/Tech program, held concurrently with MAIC, is comprised of four subjects: MARS 2030 Space Exploration, Chemistry, Television production and

keyboarding. This program will give students practical knowledge in research, exploration, science, math and technology. For information and applications, contact Outreach at 282-2608 or www.saturdayacademy.org/outreach. Support for these programs comes from the Intel Foundation, Washington Mutual Foundation, Meyer Memorial Trust, US Bank, Wells Fargo, Boeing, Jackson Foundation, NW Natural, Oregon Community Foundation's Howard Vollum Scholarship Fund, Portland Parks and Recreation Youth Trust Fund, and the Standard Insurance Company.

Health Briefs

Free Lead Testing for children on June 10

Childhood lead poisoning is a major and preventable environmental health problem and lead-based paint is now the primary source of lead exposure. Free lead testing for children will take place the second Saturday of each month, from 10 a.m. to 2 p.m. at Common Bond, 4919 N.E. Ninth Avenue (Northeast Ninth and Alberta behind St. Andrew's Church).

Blood lead testing has been done and any risk factors for lead poisoning are present. Children who live in or regularly stay in a home, apartment, or child care center constructed before 1978 are at a greater risk of developing lead poisoning, especially if there is remodeling or peeling paint. Other risk factors include family members with exposure to lead and low family income (including those on Medicaid, WIC, or Oregon Health Plan).

The effects of lead poisoning are reversible if detected early by a blood test. If undetected, lead poisoning damages the brain, causing learning and behavioral problems in affected children.

The testing is co-sponsored by volunteers from The Oregon Chapter of Physicians for Social Responsibility and the Coalition of Black Men, with help from Volunteers of America, Common Bond, CLEAR Corps, the Urban League of Portland, and Old Wives' Tales Restaurant. Special thanks to Multnomah County Health Department for providing laboratory testing and supplies.

"Health Care Fair"

Concerned health care professionals, advocates, students and other interested groups are teaming up with Health Career Conventions at Portland State University and Oregon Health and Sciences University to offer "Hands-on Health 2000." This health fair focuses on the underrepresented communities residing in N/NE Portland, and offers real-world health care solutions. Problems such as heart disease and diabetes are preventable, and in most cases occur at higher rates among minorities. Hands-on Health 2000 promises to educate, entertain and inform families with professional advice and personal attention. All ages are welcome to enjoy free food, music and prominent speakers. So join us Saturday June 3, from 9:00 am to 5:00 PM at Portland Community College Cascade Campus, 705 N Killingsworth, Portland, Oregon. Spanish and American Sign Language interpreters will be available. Do it for yourself and for your family.

What: Hands-on Health is a non-traditional health fair that mainly focuses on major health issues such as heart disease and diabetes that affect individuals from low-income and underserved communities. There will be free food, entertainment, speakers, and some basic health services.

Where: Portland Community College, Cascade Campus, 705 N Killingsworth, Portland, Oregon.
When: Saturday June 3, from 9:00 AM to 5:00 PM.

Operation Stroke takes on Oregon's No. 3 Killer

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Though stroke is the No. 3 killer in the United States (and Oregon); taking the lives of nearly 160,000 Americans each year. Only 26 percent of the general public nationwide can name one or more of the warning signs of stroke. As the leading cause of disability nationally, most patients wait an average 22 hours to get help when stroke symptoms occur. Yet knowing the warning signs of a stroke, calling 9-1-1 and getting to a hospital immediately can mean the difference between life and death.

More Oregonians died from cardiovascular disease - primarily heart disease and stroke - than from all other causes in 1997, according to a December 1999 report by Oregon Health Division. And the disparity between Oregon's stroke related death rates and U.S. rates has grown wider since 1990, the report said. But 36 percent of respondent in recent Portland-area survey incorrectly identified at least one symptom when asked on an unaided basis.

Why should we care? Because a stroke can happen to anyone, although some are at greater risk than others. But those who get to a hospital within three hours of suffering a stroke may have treatment options that could reverse or halt the effects of the disease.

This local program is part of a nationwide goal of the American Stroke Association by year 2003 to increase from three percent to 20 percent the percentage of stroke-sufferers who get appropriate treatment within the recommended time after symptoms begin.

Their main objectives are to:

Educate the public on stroke prevention, and increase awareness of stroke symptoms: Sudden weakness or numbness of the face, leg, especially on one side of the body.

Sudden confusion, trouble speaking or understanding.

Sudden trouble seeing in one or both eyes.

Sudden trouble walking, dizziness, loss of balance or coordination.

Sudden severe headache with no known cause.

Encourage people to call 9-1-1 when they or someone else is suffering a stroke.

Advocate for emergency medical service systems to upgrade the coding for transporting training and implement outcomes-tracking systems.

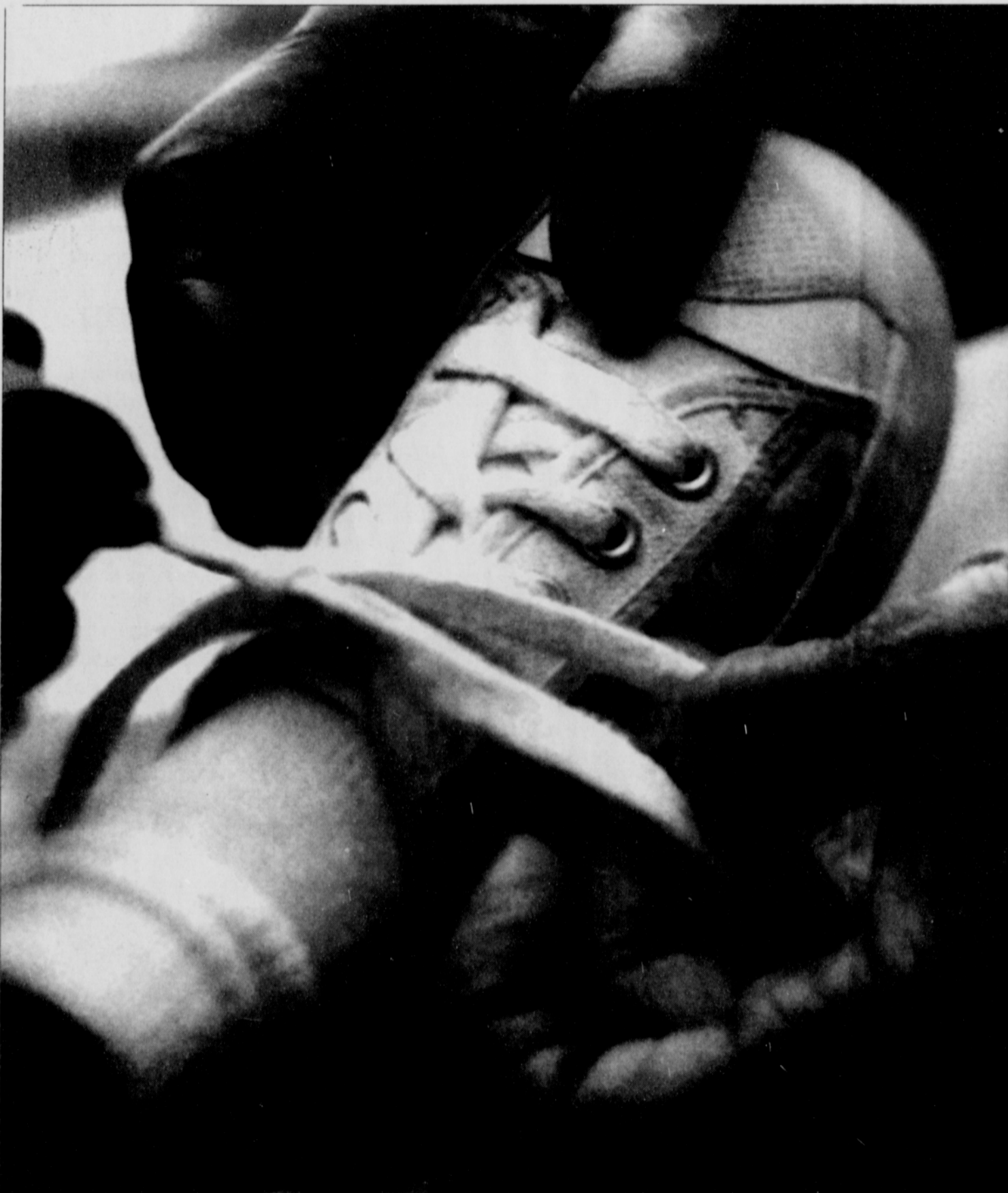
Advocate for acute-care medical facilities to implement stroke protocols, team and units, and implement outcomes-tracking systems.

Educate pre-hospital and emergency medical personnel on their role in and reasons for treating stroke as an emergency.

Assess the medical community's ability to treat stroke as an emergency.

Advocate for appropriate and timely rehabilitation and support services for stroke survivors.

Currently the general public doesn't know the warning signs of stroke or that it's an emergency. Current policies of hospital and transport systems and insurance companies do not always facilitate delivering the patient to the most appropriate acute-care facility. Medical professionals are reluctant to use the acute-care treatment because of its risk and because it hasn't been used extensively.



*Shoelaces need
careful hands
to guide them.*

The same is true of children.



TAKE THE TIME
BE THE DIFFERENCE

You have more to teach kids than you might imagine. *Take the Time* is a campaign to help young people succeed. And that takes some help from adults. We've outlined 40 assets that help young people become successful, and we can suggest ways for you to get involved. Be the difference. Please call us at 503-988-5897 or visit our website at takethetime.org to learn more.