

Portland Health



Isiah (from left), Cordel and 16 other children are among the first kids to enroll in Albina Early Head Start, a daycare center exclusively for infants and pregnant women.

Albina Early Head Start Begins First Year

By MICHAEL LEIGHTON
PORTLAND OBSERVER

Albina Head Start is forging into new territory this year with the opening of a daycare center for infants, toddlers, pregnant

mothers and their families. Early Head Start opened last month in the freshly painted, carpeted and remodeled Richard Brown Center at 605 NE Ivy St. It's the first time Albina Head Start has been able to offer

daycare services for such young children, from 6 weeks to 3 years old, and pregnant women. The care is provided at no cost, based on low-income qualifications. Needless to say the demand for these services is great.

When applications opened last May, early head start received 300 requests in just a two-week period, according to Albina Early Head Start Director Elaine Harrison. Now, it's a waiting list to get

in that can be extremely long, she said. The new program is operating at capacity with 16 children enrolled. However, Harrison said there is an opening to provide services

to a woman in her first trimester of pregnancy. Albina Head Start, serves families in north, northeast and southeast Portland. Programs for kids 3 and older are held in 22 classrooms at 16 different sites.

Researchers seek participants for group treatment of depression

Pacific University's Psychological Service Center (PSC) in downtown Portland is seeking participants for a study in treating depression in group therapy settings.

According to Dr. Paula Truax of Pacific's School of Professional Psychology, the study will compare the effectiveness of two widely accepted forms of depression treatment, cognitive therapy and behavioral therapy.

The groups will include 8-10 people and sessions will be led weekly by professional therapists and graduate students. Both forms of therapy will be used over an eight-week period. Participants will pay a modest \$15 fee for each session. The first group began earlier this year and new groups are beginning each month. The center offers a free assessment to anyone interested in joining one of the groups. Call 503-352-2400 for an appointment or more information. The center is located at 511 SW 10th Avenue, Suite 400, and is lo-

located near Tri-Met bus lines and the max light rail line.

Behavioral therapy is focused on "getting people more active, setting goals and getting them engaged in pleasurable activities" to counteract depression, Truax said. Cognitive therapy involves altering "your thinking and beliefs about yourself, others and the world adopting a more realistic view" and getting away from thoughts such as "I'm worthless" or "everything I do is wrong," Truax said. These approaches are "usually blended together" in treatment of depression, she said.

"There are definite advantages for people receiving therapy for depression in groups," she said. "You are interacting with other people in the same position as you who can offer their perspectives and advice." Truax and Dr. Jay Thomas are conducting the 18-month study of people undergoing both forms of treatment in group therapy. They will publish the results of

their study in professional journals.

Pacific University in Forest Grove, Ore., is one of the West's oldest chartered higher education institutions. Pacific annually ranks as one of America's best colleges by U.S. News & World Report and is ranked as one of the best tuition values in the West. With an enrollment of more than 2,000 students, Pacific University provides an excellent academic experience linking theory to practice in education.

Mayor Promotes Cancer Awareness

Portland Mayor Vera Katz has proclaimed the month of October "Breast Cancer Awareness Month" and October 20th National Mammography Day for the city.

The Mayor has worked to increase awareness of breast cancer through her openness regarding her own battle with the disease, and by serving as Honorary Survivor Chair of the 2000 Susan G. Komen Foundation Race for the Cure.

"I realized my experience could help demystify this pro-

cess of detecting the disease and that I was privileged to have a job where I can affect good change," said Katz.

An estimated 182,800 new cases of female breast cancer will be diagnosed in 2000 and 40,800 will die of the disease; and an estimated 1,400 new cases of male breast cancer will be diagnosed in 2000 and 400 will die of the disease.

Cancer experts say early detection and prompt treatment can significantly reduce suffering and deaths caused by this disease.

October 20th has additionally

been declared National Mammography day, because mammography (an x-ray of the breast) is recognized as the single most effective method of detecting breast changes that may be cancerous, long before physical symptoms can be seen or felt.

"I feel so lucky to have caught my cancer early. I never would have known if I hadn't had a mammogram," said Katz.

"Breast cancer has already claimed too many lives and it is only through awareness that it can be fought."

MDA Offers Free Flu Shots

The Muscular Dystrophy Association is again offering free flu shots throughout Portland for people who are affected by any of the more than 40 neuromuscular disorders covered by MDA programs.

Influenza is particularly hazardous for people living with muscle-wasting diseases, including muscular dystrophy, spinal muscular atrophy and amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease).

MDA administers thousands of free flu shots annually, an effort made possible by a year-round fund-raising effort that's highlighted by the Jerry Lewis MDA Telethon broadcast nationally on Labor Day weekend. MDA works to defeat neuromuscular disease that affects children and adults through programs of worldwide research, comprehensive services, and far-reaching professionals and public health education.

"The flu can be life-threatening for children and adults with progressive neuromuscular diseases," important in reducing

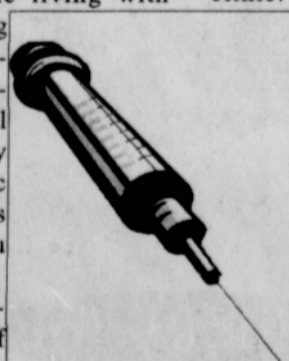
their risk of respiratory infections. That's why MDA offers this important weapon against influenza.

People registered with MDA may have transportation made available or be reimbursed for travel costs to visit the MDA clinic. The Association will also pay a local doctor to administer the flu shot if a person registered with MDA isn't close to one of MDA's 230 clinics.

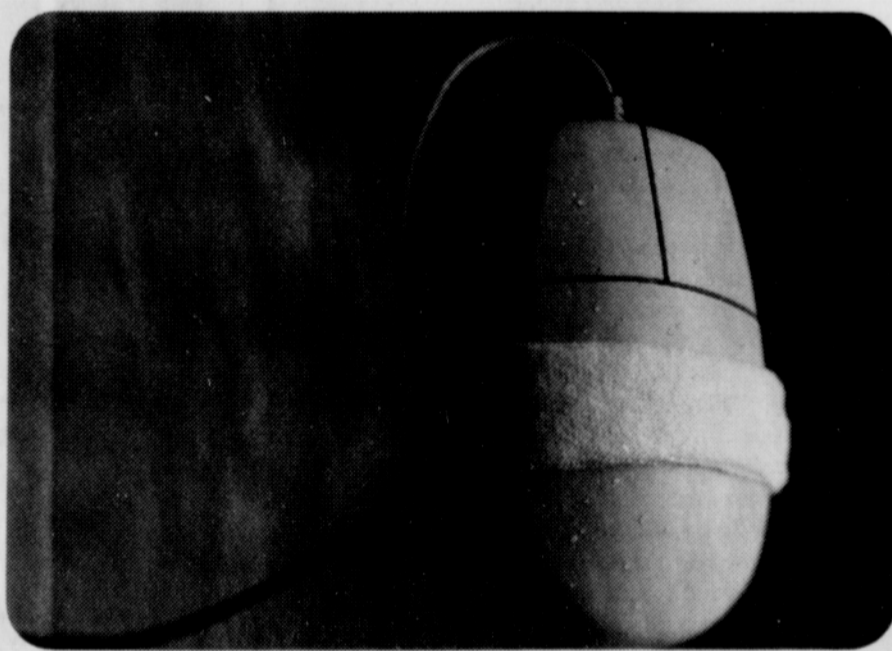
For more information or to set an appointment for a free flu shot, call MDA Program Services Coordinator Patricia Helzer in Portland at (503) 223-3177. More information is also available from MDA headquarters at (800) 527-1717, or on the Internet at www.mdauas.org.

In Oregon, MDA has three clinics, including the MDA clinic Oregon Health Sciences University in Portland.

MDA is a national voluntary health agency dedicated to finding treatments and cures for neuromuscular diseases affecting more than a million Americans. Its program are funded almost entirely by individual private contributors.



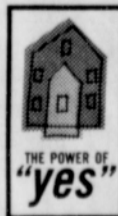
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