

Health/Education

Program Recruits Students of Color

'Connections' gets kids thinking about education after high school

"Connections" is the University of Oregon's primary college visitation program for high school students of color and first-generation students.

Currently in its second year, this program grew out of the realization that traditional, large-scale recruitment events for minority and underserved students were not always effective.

Rather than hosting hundreds of students one day a year, Connections takes the "less is more" approach by offering smaller events coordinated with local school counselors and inner-city organizations like Portland's Self Enhancement, Inc. and Upward Bound.

Each four-hour program is capped at 70 students in order to ensure a more intimate experience and provides visiting students with the opportunity to better absorb

the important information shared throughout the day.

Each session is designed to get the student thinking about what the upcoming college experience means to them and the steps necessary to successfully make the transition from high school to higher education.

During their visit students attend three breakout sessions focusing on academic life, student life and financial aid. After a campus tour, visitors will then experience a student-led interactive workshop that introduces high schoolers to the academic/intellectual opportunities awaiting them.

The day ends with a panel discussion led by UO student leaders who provide information on the general student experience, tell what it's like being an underrepresented student in col-



Students of color and soon to be first-generation college students visit the University of Oregon as part of the college's minority recruitment efforts.

lege and explain what resources are available to minority students.

Counselors, instructors, and community organizers who would like to bring their students to Connections can contact Tomas Hulick Baiza at thulick@oregon.uoregon.edu, or by telephone at 541-346-1284.

Flu Shots Reduce Health Risks

Fewer than half of African Americans over the age of 65 are vaccinated against influenza each year as compared to whites, placing thousands of older African Americans at increased risk for flu-related hospitalizations and death, according to the Centers for Disease Control and Prevention.

Despite recommendations for annual flu shots, only 48 percent of African American adults aged 65 years and older routinely do so, compared to 67 percent of whites.

Another study shows only 25 percent of African children of all ethnic backgrounds with chronic diseases, a group particularly at risk for flu-related complications, receive a flu shot each year.

"African Americans have to make sure we ask for our flu shot every year and take responsibility for our health and our family's well-being," said Dr. Bonnie M. Word, speaking on behalf of the National Foundation for Infectious Diseases and National Medical Association, a nationwide organization of African American physicians.

"Those of us who are elderly, or



A patient is vaccinated against the flu.

any adult or child who has a chronic condition such as diabetes, asthma or cancer, must be particularly vigilant about preventive care," Dr. Word stressed.

An estimated 20,000 people die and approximately 114,000 are hospitalized due to flu-related complications each year, according to CDC statistics published this past April. The CDC4 recommends annual flu shots in October for

those at high-risk for developing serious complications. Flu shots are also recommended in October for people who live in the same house with individuals who are high-risk, as well as health care workers who come in contact with high-risk patients and children under 9 years old who are receiving vaccine for the first time. All other groups should receive flu shots in November and December.

Fight the Flu with Food

Some of the best tools to prepare your immune system to fight the flu are right in your grocery store.

Although many factors play in to your ability to fight infections, eating certain foods can help boost your immunity.

Nutritionists at Providence in Portland suggest bright-colored fruits and veggies filled with antioxidants to help fight off infections; high-quality proteins like eggs, lean-meat or tofu to boost energy; and garlic and onions which act as biological disinfectants to clear away toxins and germs.

Providence Rover Moves Patients and Families



Calvin Harrison, executive director of Providence Cancer Services, takes a turn driving the "Prov Rover"

It's new, it's unique, and it's roaming the halls of Providence Portland Medical Center. One of Portland's largest hospitals is a bit easier to get around thanks to the "Prov Rover."

In response to patient and visitor requests, Providence is now operating a small golf-cart like device that transports patients and families where they need to go on the first floor of the facility. From end to end that totals approximately one-tenth of a mile or about 400 steps and when you're not feeling well, it can be daunting.

Behind the wheel of the four-person vehicle are hospital volunteers, who have all received safety training. The "Rover" is

powered by batteries and runs very quiet. That's why it is equipped with a strobe light and bell to alert visitors it is coming their way!

"As a patient, if you are not feeling well or are challenged walking distances, finding your way expends a lot of energy," says Lisa Vance, the medical center's associate administrator. "When we looked at how we might make it easier on our patients and their families to find treatment locations, it made sense for us to look at the possibility of a transportation cart of some kind."

There are waiting stations throughout the first floor of the medical center where patients and visitors can wait for a ride.

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REACH

Racial & Ethnic Approaches to Community Health
A program of the African American Health Coalition, Inc.
Sponsored by the CDC (Centers for Disease Control and Prevention)

Wellness Within REACH: Mind, Body, and Soul Activity Calendar

	Mon	Tues	Wed	Thurs	Fri	Sat
Matt Dishman 77 NE Knott		Salsa 6:00-7:00pm Ellis				
Salvation Army 5325 N Williams		Water aerobics 2:00 - 3:00pm Hampton			Old School Dance 6:00-7:00pm Kendrick	African Dance 10-11am Addo
Nature's 3535 NE 15th	Aerobics 6:30-7:30 pm Nickerson	Yoga 7:30-8:30 pm O'Rourke	Aerobics 6:30-7:30 pm Nickerson	Water aerobics 2:00 - 3:00pm Hampton	Aerobics 6:30-7:30 pm Nickerson	Weight Room 10-11am TBD
Peninsula Park 700 N Portland		Walking Group 6-7 pm Nickerson				Walking Group 12:30 pm Nickerson
Portland Community College 705 N Killingsworth	Basketball 12-1pm Radja	Walking Group 6:30-7:30am Cason		Basketball 12-1pm Radja Walking Group 6:30-7:30am Cason		

**Must be 21 or older to participate. Please check with AAHC before showing up to the first class 503-413-1850. Please receive approval from your doctor before beginning exercise class. All classes are free of charge!



African American Health Coalition, Inc.

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