

# HEALTH / FAMILY

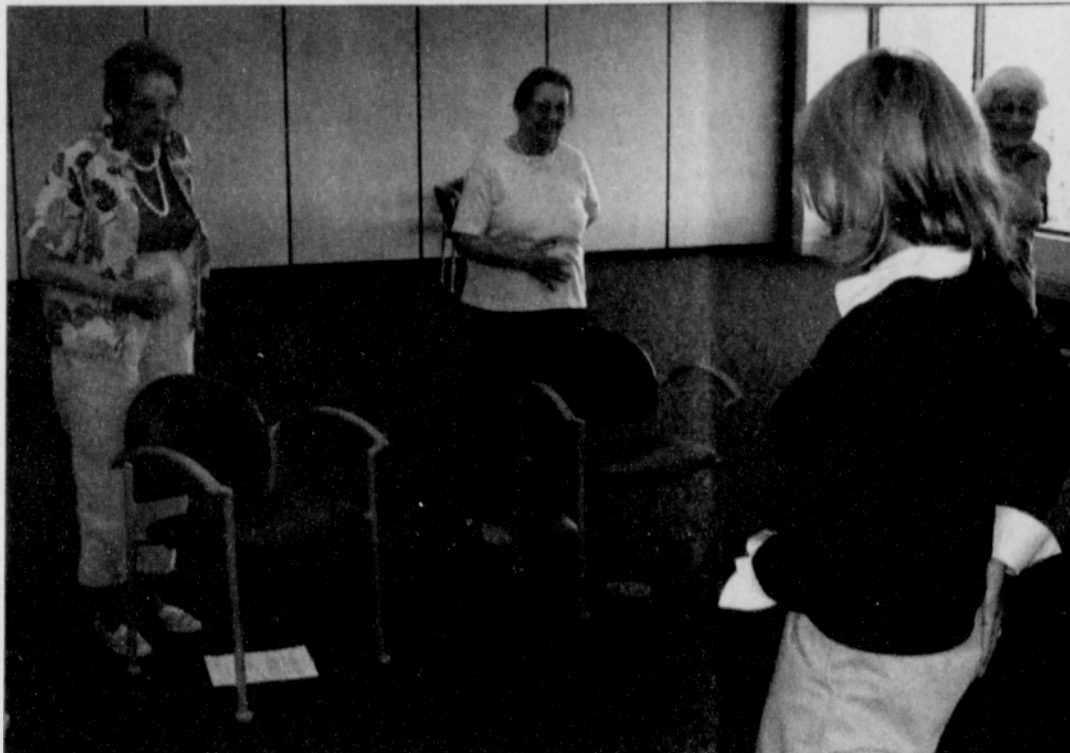
## Staying Centered in Golden Years

Seniors exercise to remain active, independent

Researchers at Oregon Health & Science University are evaluating a seniors exercise program to determine whether it allows them to remain active and independent. The program, called Adventures in Better Living through Exercise (ABLE), aims to maintain and improve balance in seniors, allowing them to perform daily tasks that keep them independent. Think First Oregon, an OHSU program, is conducting the research project to determine the program's effectiveness.

"The concept behind ABLE Bodies is that by doing these low-impact exercises, seniors may be able to more easily do the things they want to do," explained Sue Scott, a Portland fitness specialist and designer of the program. "If successful, we hope this program will lead to a sustained or improved quality of life for participants."

The 16-week program includes a number of balance-improving activities, including posture and flexibility, strength training, aerobic activity and practicing routine tasks such as reaching and bending. Participants are given homework exer-



Seniors join an OHSU exercise program to improve balance and flexibility.

cises to remain active outside of class. Progress is measured through interviews and physical ability changes. Participants include residents at many of Portland's senior living facilities.

One participant at Portland's Terwilliger Plaza is 92-year-old Hannah May. May, once an active climber, hiked to the top of Oregon's Middle Sister and Mt. Hood. Recently, arthritis and a back injury have significantly reduced her

mobility and independence. "You have to keep flexible and agile at my age," said May. "I'm hoping that this program will allow me to become more active and increase my balance."

Think First director Rae Rosenberg said she hopes programs like this have a significant impact on May and other study participants. Think First research focuses on both seniors and teenagers, populations that often suf-

fer from preventable injuries. "Our program specializes in trying to prevent injuries in the state's most susceptible populations," said Rosenberg.

Think First has recruited interns to assist in teaching the weekly classes. This aspect allows participants to socialize with a younger generation and other seniors. Past research has shown that social activity is another important quality of life factor.



Bill Schonely with 5-year-old Amella, resident at the Center for Medically Fragile Children at Providence Child Center.

## Blazer Legend Supports Child Center

Bill Schonely, Portland's legendary sports broadcaster and long-time friend of Providence Child Center, has joined the board of directors for the Providence Child Center Foundation.

Highly visible in Portland and throughout the state, Schonely regularly lends his support to a variety of charitable causes, including improving the lives of

children with special needs. Schonely also is a spokesperson for the Center for Medically Fragile Children at the Providence Child Center, the Northwest's only nursing facility providing skilled care exclusively for children in a residential setting. Fifty-eight beds are dedicated to kids needing long-term chronic care and short-term respite, and end-of-life care.

## Minority Medical Students Start Careers With a Life Changing Experience

One hundred eight new Oregon Health & Science University medical students donned the time-honored garb of their profession—the white coat—for the first time at a white coat ceremony last week. A life-changing moment that is both solemn and joyful; poignant and

stunning, in each student's mind the white coat signifies a life devoted to healing, science and compassion.

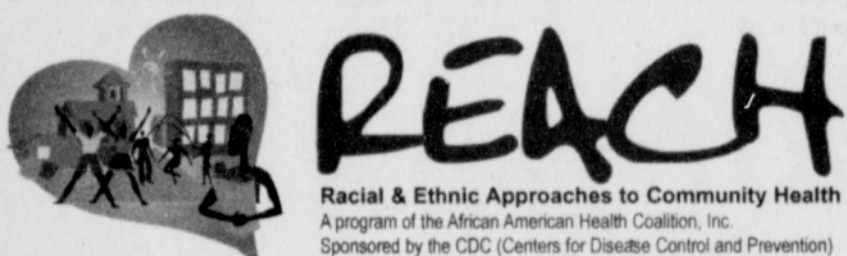
Barbara Alexander, a 33-year-old African American and a research coordinator at OHSU, epitomizes this commitment. Perhaps no one in

her class has had to overcome so much to matriculate into medical school. When Alexander was five years old, her mother committed suicide and when her father refused to raise her, her grandparents swooped in. Even then, she was devoted to medicine, riding her bike

to Mt. Tabor Convalescent Center where she helped nurses turn patients and offered constant care. As a high school senior, her grandfather was diagnosed with lung cancer and Alexander cared for him

through the moment he died. Unfortunately, several years later Alexander's grandmother also committed suicide and Alexander found herself in an abusive relationship with a boyfriend who eventually

stabbed her 30 times. Alexander's steely will came through as she actually drove herself to the hospital. Today, she speaks at PSU on domestic violence and volunteers to aid other abused women.



**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**

All classes are free of charge!

	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Matt Dishman</b> 77 NE Knott	Strength Training 8-9am and 2-3pm Brown	Stretching/Body Sculpting 7-8am Lois  Strength Training 9-11am Norris	Strength Training 8-9am and 2-3pm Brown	Stretching/Body Sculpting 7-8am Lois  Strength Training 9-11am Norris	Strength Training 8-9am and 2-3pm Brown	African Dance 10:00-11:00am Addo
<b>Salvation Army</b> 5325 N Williams	Salsa Beginning in September	Water Aerobics Contact AAHC 503-413-1850	Tai Chi 6:30 - 7:30pm Lyles	Water Aerobics Contact AAHC 503-413-1850		
<b>Wild Oats Market</b> 3535 NE 15th		Yoga 7:30-8:30pm O'Rourke	Yoga 7:30-8:30pm O'Rourke			Body Conditioning 9:30-10:30am Nickerson
<b>Peninsula Park</b> 700 N Portland		Walking Group 6:00-7:00pm Nickerson (meet inside Lloyd Center in front of Sears)	Walking Group 6:00-7:00 pm Nickerson (meet inside Lloyd Center in front of Sears)			Walking Group 12:30pm Nickerson
<b>Mallory Avenue Christian Church (Gym)</b> 126 NE Alberta	Aerobics 5:30-6:20pm and 6:30-7:30pm Nickerson		Aerobics 5:30-6:20pm and 6:30-7:30pm Nickerson		Aerobics 6:30-7:30pm Nickerson	
<b>Highland United Church of Christ</b> 4635 NE 9th Ave.	Aerobics 6:00-7:00am Pierce	Aerobics 6:00-7:00pm Keller	Aerobics 6:00-7:00am Pierce	Aerobics 6:00-7:00pm Keller	Aerobics 6:00-7:00am Pierce	
<b>Whitaker Track</b> 42nd & Killingsworth		Wt. Management/ Conditioning 9:00-10:00am Hasan	Wt. Management/ Conditioning II 6:00-7:00am Hasan	Wt. Management/ Conditioning 9:00-10:00am Hasan		

\*\*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.

**AAHC African American Health Coalition, Inc.**  
2800 N. Vancouver Ave., Suite 100 • Portland, OR 97227 • Phone: 503-413-1850  
E-mail: kdempsey@aaahc-portland.org • Web: www.aaahc-portland.org

## Ask Deanna! Is an advice column known for its fearless approach to reality based subjects!

Tired of reading lame, watered down advice columns that don't embrace or apply to multicultural populations? Searching for an advice column not afraid to use black terminology, address African-American issues and is dedicated to being fearless and keeping it real? Look no further because Ask Deanna! the minority advice column that celebrates and embraces the African-American experience is coming to The Portland Observer newspaper. Deanna is a syndicated columnist and former on-air personality from Los Angeles. She enjoys giving advice on every subject under the sun and you can write to her at Ask Deanna! PO Box 88847, Los Angeles, CA 90009 or by email at askdeanna1@yahoo.com.



### My Girlfriends are Messing in My Marriage

**Dear Deanna!**  
Two of my friends have been making me suspicious about my husband because he comes home late from work. They have been filling up my head with stuff and have successfully led me to think he's having an affair. I followed him in a different car, pushed re-dial on the telephone and checked his pockets for phone numbers. His behavior hasn't changed but my friends keep trying to convince me he's messing around. I can't find anything. Am I losing it? --Paranoid; Bronx, NY

**Dear Paranoid,**  
Grow up and stop doing childish things like playing Inspector Gadget. If your spouse doesn't display signs of infidelity don't look for any. If your man comes home late, and he says he was working—trust him. You are borrowing trouble and setting your marriage up for a downfall by listening to your friends. When your girlfriends start trying to cause drama, stop them dead in their tracks. If they keep at it, tell them to get lost so you can keep your marriage happy and healthy.

**Dear Deanna!**  
My boyfriend is coming over for dinner and he thinks I'm a good cook. I can't cook anything except

Hamburger Helper, because I eat out all the time. I like this guy a lot and home cooked meals are important to him. How do I pull this off? --Signed L.C.; Kansas City, MO

**Dear L.C.**  
It's not wise to be deceptive in a relationship because that causes problems later on. Before he comes, let him know that you can cook a little, but will have to work up to the heavy stuff. Go as fast as you can and surf the web for recipes or ask a family member or friend for a cooking lesson. I strongly suggest you buy a few good ethnic cookbooks if this fellow is a keeper. The way to a man's heart is definitely through his stomach.

**Dear Deanna!**  
My sister-in-law's house has white carpet. When I visit, she makes me take my shoes off before coming into the house. This is uncomfortable because I don't like to walk barefoot. Not only that, but my toes are ugly and I never have time to get a pedicure before visiting her. I miss her and want to visit more often, but I have problems with her shoe rule. --Shoeless Dilemma; Los Angeles, CA

**Help us Prevent CANCER!**

We need **women** to take part in a **breast** cancer research study using an investigational medication to find out its effectiveness and safety in the prevention of post-menopausal breast cancer. This important study is supported by the National Cancer Institute.

**We Need Your Help!**

To find out if you or someone you know may qualify call:  
**503-216-6267**  
**800-677-6752**  
(x-66267)  
**www.cropoc.org**



Study of Tamoxifen And Raloxifene  
Columbia River Oncology Program

**Dear Shoeless,**  
Let your sister-in-law know your feelings and why you're uncomfortable. If you're still not allowed to wear your shoes, suggest buying a pair of slippers that will only be worn while visiting. Don't lose a family relationship behind a rug. Life is too short. Suck it up, deal with the shoe rule and keep it moving.  
Ask Deanna is written by Deanna M. Write Ask Deanna! Or send an Email to askdeanna1@yahoo.com or write: Deanna M, P.O. Box 88847, Los Angeles, CA 90009

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