

HEALTH



International Partnership Celebrated

It's a long way from Eldoret, Kenya, to Portland, Oregon, but medical residents from Kenya's Moi University don't mind making the trip. The students and their sponsors, Dr. Mark Rosenberg (from left), Rene Campagna, Musyoka Wavinya, Mark Koenig, Aghan Luggar and Dr. Michael Phillips, recently celebrated the continued success of the program at Providence Portland Medical Center. Providence residents and faculty also travel to Kenya to study for several weeks each year.

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

Dear Deanna!
I'm a talented and committed singer with high ambitions. My family is critical with no support. This hurts and I want to quit. I've never given up this dream and want to know how do I build myself up when the going gets tough? --*Renee The Vocalist; Hempstead, NY*

Dear Renee:
Tune out the nay-sayers. When they put you down, hold your head back and sing louder. Stay focused and work hard—you can achieve anything you set your heart on. Mariah still has a spot on the charts, but with your talent, you may step into the shoes of Whitney who obviously isn't thinking about singing right now.

Dear Deanna!
My boyfriend and I have problems with his baby mama putting their baby in the middle of our relationship. When we make plans, she brings the child over and he baby sits. If the child gets sick she calls in the middle of the night asking



Real People, Real Advice

him what to do. The final straw came when we planned to go out-of town and she left him a message to get the baby from daycare. We didn't see her for two days. It's time for him to choose between the relationship or the baby. --*Fed Up, St. Louis, MO*

Dear Fed Up:
The junk in your trunk isn't so good that you can make a man pick you over his child. Like women, men have baggage. If you want the baby mama to stop playing games hit her with

reverse psychology. The father should voluntarily start spending so much time with the baby that the mother will become a little lonely. This will slow her up on those impromptu little drop-ins. Don't force him to choose because you'll come up empty handed and dry as the Grand Canyon.

Ask Deanna is written by Deanna M. Write Ask Deanna! Email: askdeanna1@yahoo.com or P.O. Box 88847, Los Angeles, CA 90009

Museum Free for Aging Day OMSI opens doors to promote healthy seniors

OMSI is partnering with Oregon Health and Science University to teach visitors 55 and older about healthy aging, during a free day at the museum, Friday, Oct. 24 from 9:30 a.m. to 3 p.m. Museum visitors ages 55 and older will receive free general admission and tour the latest OMSI-created exhibits Moneyville and Amazing Feats of Aging, listen to free lectures on topics related to aging from experts at OHSU, and

participate in activities focusing on healthy lifestyles, including a yoga demonstration. A discounted senior rate will also be available for the OMNIMAX Theater, Murdock Planetarium and tours of the U.S.S. Blueback submarine. "Being an educational resource for the community is what we do best," said Tracey Flynn, OMSI Special Events Coordinator. By partnering with OHSU on this free event, we are able to give older adults the information they need to stay healthy longer."



Shining a Light on Stroke Survival

More than 150 people attended "Survive Stroke: Before, During and After," community forum, hosted by the American Stroke Association and the Providence Stroke Center, to learn the latest about stroke prevention, risk factors, warning signs, treatment and recovery. The event was free and open to the general public.



Talk Show Host Joins NW Medical Teams

Northwest Medical Teams has elected Georgene Rice, a longtime local media host, to a three-year term on its board of directors. Rice is the host of her own daily talk show on Portland radio station KPQQ. Rice previously worked as a freelance reporter and broadcaster for KPTV Channel 12, supervised

constituent services for U.S. Sen. Ron Wyden and served as a lobbyist and political consultant for Northwest Oregon Health Systems. "Georgene will be a tremendous asset to our board," says Bas Vanderzalm, president of Northwest Medical Teams. "Her first-hand experience as a volunteer with us in Romanian orphanages

has given her a personal and sincere commitment to our work. Her dedication to serving others is paramount in both her professional life and her personal involvement in our community. Georgene brings valuable insights into current social issues, a strong personal faith, and a heart for our mission to our board."

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