

HEALTH MATTERS

HEALTH WATCH

Nutritional Seminar: Hunt for Health Food -- Wednesday, Sept. 26, from 7 p.m. to 8:30 p.m., New Season's Market, Northeast 33rd and Killingsworth, will host this free nutritional seminar. To reserve your seat, call Marissa at 503-413-1850.

Cancer Resource Center -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

Renew Your Lifestyle -- The Community Learning Center, 4212 N.E. Prescott St., begins a program on Sunday, Sept. 30 covering nutrition, weight management, high blood pressure and cholesterol, diabetes, heart disease and stroke. Cooking demonstrations, food samples and handouts are included with the \$35 registration fee, plus \$10 per session. Call 503-281-8596.

Is the Food You're Eating Making You Sick? -- Tuesday, Oct. 2, from 1 p.m. to 2 p.m., Lisa Shaver, N.D., will conduct this educational seminar at the Everyday Wellness Clinic, 1033 S.W. Yamhill. The fee is \$5. Call 503-413-5563 to register.

Infant/Child First Aid -- Saturday, Sept. 29, 8:30 a.m. to 3:30 p.m., earn a Red Cross certification while learning CPR, and how to handle other emergencies. To register, call 503-335-3500.

Parkinson's Disease -- Tuesday, Oct. 2, at 7 p.m., Richard Rosenbaum, M.D., will discuss topics of importance to individuals and families suffering with Parkinson's. Reservations needed by calling 503-574-6595

Lead Poisoning Prevention -- Saturday, Oct. 6, from 11 a.m. to noon, at 12350 S.W. 5th St.; this free workshop focuses on protecting your family from lead poisoning. Participants receive a free testing and cleaning kit. Call 503-284-6827 to register.

Aerobics and More -- For a healthy body you need a complete body workout; including aerobics, Pilates and more designed for all ages. Call Cathey at Adventist Medical Center, 503-449-4000, for a schedule.

Free Body Basics -- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

Bereavement Support -- A bereavement support group meets each 2nd and 4th Tuesdays, from 10 a.m. to 11:30 a.m. To learn more, call 503-251-6192, extension 5670.

Better Breathers -- An asthma educational support group meets on the 1st Tuesday of the month from 1:15 p.m. to 2:45 p.m. at Adventist Medical Center. For more information, call 503-251-6830.

Chronic Pain Support Group -- meets the 1st Wednesday at 4 p.m. to 5:30 p.m. and the 3rd Wednesday of each month, from 7 p.m. to 8:30 p.m. Call 503-256-4000 for more information.

Heart Talk Support Group meets -- on the 2nd Monday of each month, from 6 p.m. to 8 p.m. Call 503-251-6260 for more information.

Smoke-Free Support Group -- meets Mondays, 7 p.m. to 8 p.m., call 503-256-4000, for more information.



Lanise Griffin (from left), Pastor J. W. Matt Hennessee and Izera Green of the Vancouver Avenue First Baptist Church accept an award for the church's participation in the 5th Annual Wellness Within Reach Walk.

Church Brings 35 to Wellness Walk

Wins challenge for most participants

Thirty-five members of the Vancouver Avenue First Baptist Church gathered in Dawson Park Aug. 18 to participate in the 5th Annual Wellness Within REACH Walk sponsored by the African American Health Coalition.

The walkers formed three teams, headed by church member Izera Green, making them the winners of the walk's Church Challenge, a competition among churches in north and northeast Portland to

gather the most participants for the walk.

Green recruited the members of her church by word of mouth and with the help of the church's pastor, J.W. Matt Hennessee.

Many members of the church are part of the AAHC's Wellness Within REACH program which provides free access to physical activity classes in north and northeast Portland.

Green learned of the AAHC through the "Lookin' Tight, Livin' Right" program in which local beauticians and barbers are trained to become peer educators who share their expertise about cardiovascular disease with patrons in their

shops.

Green and her husband take the information they are given to heart. They're working to improve their eating habits and visit the doctor on a regular basis. She felt that the walk was a great chance for people to get together and actively support creating a healthier community.

"It was a nice experience. I really enjoyed it," she said.

Most of the participants chose to complete the four mile loop which wove through the Irvington neighborhood. They were joined by over 500 other walkers who came to show their support for the health of the community.

The event began with a message from community leader Roy Jay and a warm up led by two Wellness Within REACH instructors, Georgann Pierce and Ralph Nickerson. The walk culminated in Dawson Park with healthy snacks and jubilant participants breaking out the Electric Slide.

The Vancouver Avenue First Baptist Church is located at 3138 N. Vancouver Ave and can be reached at 503-282-9496. If you would like more information about upcoming events and programs at the African American Health Coalition stop by their office at 2800 N. Vancouver Ave, Suite 100 or call 503-413-1850.

National Health Care Crisis Addressed

Former Oregon Gov. John Kitzhaber will address the growing national health care crisis and promote his grassroots Archimedes Movement on Tuesday, Oct. 9 from 4 to 5 p.m. at the Buckley Center Auditorium on the University of Portland campus, 5000 N. Willamette Blvd.

Kitzhaber, a medical physician who governed Oregon from 1995-2003, launched the Archimedes Movement in Janu-



John Kitzhaber

ary 2006 in an effort to effect statewide health care reform. His initiative is intended to build a meaningful opportunity for engagement through which the growing concern over the health care system can be channeled into effective action.

As Senate President in the Oregon Legislature, Kitzhaber authored and implemented the groundbreaking Oregon Health Plan.

Since 2003, Kitzhaber has

served as President of the Estes Park Institute, which conducts six annual educational conferences for community hospitals. He also serves as the Director for the Center for Evidence Based Policy at Oregon Health & Science University in Portland, and holds an endowed Chair on Health Care Policy with The Foundation for Medical Excellence, an Oregon-based public, non-profit educational foundation.



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Fast Track on Nursing Careers

A new practical nursing program at Mt. Hood Community College allows participants to begin an exciting career in nursing in only one year.

This unique program prepares students to provide care under the supervision of a registered nurse or physician. There is a wide demand for practical nurses and starting salaries run between \$17 and \$22 an hour.

"There is a real need for practical nurses in the state of Oregon," explained Linda Fleshman, program director. "It's a good way to enter the nursing profession, to find out if you like it and enjoy working with patients."

The program is also designed to accommodate working people by providing online, evening and weekend classes.

Subjects include medication administration, pharmacology, theoretical nursing concepts and working within an interdisciplinary team.

An information session is being held Tuesday, Oct. 2, 10 a.m. - 11 a.m. in the Town and Gown room at MHCC's Gresham campus. The college is accepting applications for the 2008 - 2009 school year until Nov. 2.



Dr. Billy R. Flowers

THE SPINAL COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 24. Osteoarthritis: you needn't be frightened about a frightening problem anymore

Q: I have been having a lot of pain in my neck. The doctor said that it was osteoarthritis and that I would have to learn to live with it. What is your opinion?

A: As you might know, there is a tremendous amount of health research going on today. Much relates to the spine and nervous system. You might ask your doctor if he has read the latest study on osteoarthritis. The study showed that there was no correlation between the amount of osteo-arthritis and the amount

of pain a person suffers. In fact it has been found that pain and osteoarthritis are both caused by the same problem. Mechanical stress on the bone and joints is the biggest cause of pain and also the cause of that deformity of the joint your doctor calls osteoarthritis. In Chiropractic we evaluate where the

joint and bones are stressed. Our chief purpose then is to remove the stress or irritation from the joint (and nerves) - not only to reduce pain but to allow the bones to be as healthy as possible as well. If you have joint pain, isn't it time you stepped up to an effective Chiropractic?

Flowers' Chiropractic Office
2124 N.E. Hancock Street, Portland Oregon 97212
Phone: (503) 287-5504

Medicare Covers Diabetes Diagnosis and Treatment

Do you or someone you love have diabetes? If you have diabetes, you should know that Medicare covers a number of screenings, services and supplies to help you stay as healthy as possible. Proper diagnosis and treatment of diabetes can make a big difference in your quality of life.

People who have already been diagnosed with diabetes can take advantage of Medicare benefits like outpatient self-management training to teach you to manage your diabetes at home; medical

nutrition therapy; glaucoma tests; diabetes supplies, including blood glucose test strips, a blood glucose monitor, lancet devices and lancets; and diabetic shoes and inserts.

Even if you don't have diabetes now, Medicare covers tests to check for diabetes for people who have risk factors such as high blood pressure, obesity, dyslipidemia (history of abnormal cholesterol and triglyceride levels) or a history of high blood sugar. Other risk factors may also qualify you for this test, and based on the results, you may be eligible for up to two screenings each year.

For more information on Medicare coverage of diabetes supplies and services, visit medicare.gov on the web. Under "Search Tools," select "Find a Medicare Publication" to look at or print the booklet "Medicare Coverage of Diabetes Supplies and Services." You can also call 1-800-MEDICARE (1-800-633-4227).