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The Hortland Observer

April 23, 2008

HEALTH MATTERS

For Your Health

I recently registered at the Sylvania campus of Portland Com- zen since 1957-I prefer to call munity College for a class in myself a North American citiwomen's studies. I'll take it for zen-and seem to have a love/ credit. That will require some study- hate relationship with the ing and tests. Good. A challenge to good old U.S. of A. As a young girl, nicest, warmest reception wherever help keep my mind sharp and fo- Hearned about the American Revocused.

been a venue of success of subse- doctrinated also about being a loyal quent parental praise and approval. I bless my parents everyday! And thank them - wherever they are or lauded in my history books. My in whatever dimension - but fully teachers were generally openalive somewhere!

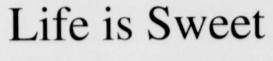
I'm headed toward a someday Bachelor's degree in English! Started in that direction in the autumn of 1944 when I was just 20 and a recently arrived immigrant from Canada.

I've been an American citi-

lution and identified with the revo-A school campus has always lutionaries, even though I was in-British citizen.

> The United Empire Loyalists were minded and traveled freely back and forth across the U.S./Canadian border. We were entertained and influenced by American-made movies and radio.

Returning to the present and my tenure at school, I'm getting the



BY JUNE POTTER ACOSTA

I go on campus. I've pondered this, and decided that the kids-many 18 and 20-year-old students - are very likely cheered and delighted to encounter an obviously old woman qualify for the degree. who seems to be up-beat and optimistic - and busy! Maybe a groan fast heading to 84, I can't honestly about my arthritis! But very in- contemplate years and years from volved with life and strongly opin- now. My frame of reference is limionated about everything!

There is a wonderful vitality that seems to hum and vibrate across before I step off the bus that carries that!

me to 12000 S.W. 49th Ave. Learning should be life-long. Not an original idea and one that's been spread broadly across the universe.

Unfortunately, I can't get the bachelor's degree with PCC. The lady I spoke with in the counseling office said I would need another math and lab-science class to

Nope. It won't happen. At 83, ited to half decades. I'll accept that and be grateful!

Meantime, life is sweet. Spring is the campus - a beautiful campus at here. We've been promised several over 700 feet elevation. I feel it even days of 'no precipitation.' I'll go for

Participants reported learning a

variety of valuable lessons, includ-

when it comes to protecting my

body," and "I learned about the

8 to 34

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HEALTH WATCH

Children's Wellness Fair -- Wednesday, April 23, from 4 to 8 p.m., the Children's Community Clinic will sponsor a wellness fair at Self Enhancement, Inc. promoting nutrition, health issues and fitness.

What About Boys -- Wednesday, April 23, from 7 to 9 p.m., Legacy Meridian Park Hospital, 19300 S.W. 65th Ave., will host the forum discussing the developmental perspectives of raising young boys and the problems they are facing today; \$5 fee at the door. To register, call 503-335-3500.

Do You Know Your Numbers? -- Thursday, April 24, receive a personalized measurement and analysis of blood pressure, cholesterol levels, lean body mass, fat weight and optimal weight; \$30 fee. Appointments available from 7 to 10 p.m. To register, call 503-335-3500.

Welcome to Medicare -- Saturday, April 26, from 10 a.m. to noon, Multnomah County will conduct a free workshop at Mt. Hood Community College for those new to Medicare, explaining the public service's fundamentals. For more information, call 503-491-7572.

Women's Health Conference -- Saturday, April 26, from 7:30 a.m. to 2:30 p.m. at the Oregon Convention Center, will focus on how green living can benefit your health, with guest speakers and workshops; \$40 all-day fee. To register, visit Ohsuwomenshealth.com.

Are you at Risk? -- A focus on leg and carotid disease takes place Tuesday, April 29, from 6:30 to 8 p.m. with experts discussing what puts you at risk, treatment options, nutrition and prevention; free workshop. To register, call 503-335-3500.

Groovin' a New Weight -- Wednesdays beginning April 30, from 6:30 to 8:30 p.m.; join the weight program designed for women only, this eight-week program guarantees an energy boost, education and support; fee \$180. To register, call 503-574-6595.

Stop Smoking! -- Thursdays, starting May 8 from 6:30 to 8:30 p.m., a four-week quit-smoking program offers the tools to for real success minimize the risk of relapse; \$95 fee. To register, call 503-335-3500.

Women's Wellness; Breast Health -- Saturday, May 10, from 10 a.m. to 1 p.m., at Legacy Good Samaritan, Building Two - lower level, 1040 N.W. 22nd Ave., a free event features a catered brunch, guest speakers and booths with topics including cancer genetics, breast imaging, bone density and more. To register, call 503-335-3500.

Ready or Not? -- Thursday, May 28, from 6:30 to 8:30 p.m.; learn how to prepare your family for a major disaster strike; federal assistance could take up to 72 hours before being available, would your family be ready? This free class will prepare your family to survive with selfsufficiency for the first few days. To register, call 503-335-3500.

Peer-to- Peer Recovery -- Peer-to-peer education recovery course is a free, nine-week course on the topic of recovery for any person with a serious mental illness. The courses are led by mentors who are recovering from mental illness and are trained to teach coping strategies to others. For more information, call 503-228-5692.

Health Inequities -- The public is invited to join in the dialogues with community members, organizations, business leaders and local elected officials to discuss the root causes of health inequities as well as longterm solutions in a this seven-part series. For neighborhood locations, dates and times, visit mchealth.org/healthequity.

Tools for Caregivers -- A six-week educational series is offered to help family caregivers take care of themselves while caring for a relative or friend with a chronic illness. The classes are being held at several locations and dates. Call 503-413-6465 for more information.

Teen Girls Empowered

While many local teens spent American teens. their spring break shopping, vacaempower and educate African- cent females. The program aims to

Sistas Informing, Healing, Livtioning or hanging out with friends, ing and Empowering is a special-27 girls from three northeast Port- ized training and education proland high schools spent their free gram to reduce risky sex behavior time at a workshop designed to among African-American adoles-



girls participate in interactive group reduce teen pregnancy and sexually transmitted infection rates. discussions that emphasize ethnic and gender pride while enhancing

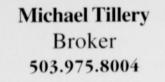
Planned Parenthood of the Columbia Willamette partnered with awareness of HIV risk-reduction the Multnomah County Health strategies. Department and Cascade AIDS Project to launch the program that ing, "I learned I can be assertive has been fully tested and endorsed by the Centers for Disease Control and Prevention.

Throughout the SiHLE program, importance of loving myself."

Women

Creation of Style "We are all beautiful in his sight' Catering to Sizes

Workshop focus: risky behaviors



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REA



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Michael E Harper Agent

We moved to our new location at: 9713 S.W. Capitol, Portland, OR 503-221-3050 Fax 503-227-8757



Bereavement Support Groups -- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For info and registration, call 503-215-4622.

Stroke Alert Screening -- Check your carotid arteries with a painless ultrasound to assess your risk. Fee \$40. To schedule a screening, call 503-251-6137.

From Fear to Focus



Church in northeast Portland. Kinter left the exam room expressing confidence that lab results would discover any infection or other ailment.

Not all patients are as easy to deal with, according to Riggins. Even so, she considers it her duty to relate to needs of people, even if they seem confrontational, biased or impossible.

"Life's not easy, but we all have to do the best we can to be sensitive," she says.

Fountain Drinks

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In caring for the patient with sorry."

the Klansman tattoo, she repeated in her head, "Overcome evil with good," a biblical saying that her grandfather used after losing his home to the Vanport Flood of 1948. Riggins argues that medical practitioners, along with many others in positions of power, make the biggest mistake in assuming knowledge of a problem before listening.

"You have to be really clear who you are and not let other people define who you are," she says. "On the other hand, you have to be willing to say you're



Collard Greens

\$15.00 — Adults \$13.00 - Seniors \$8.00 - Under 12