



The Red Cross is here. When disaster struck a little boy and his family, someone was there, providing shelter, a hot meal, a teddy bear, and a hug. But this Red Cross volunteer is not the only hero in this picture. Behind her are Oregonians just like you, who generously donate to their local chapter of the American Red Cross. You can't always be there for a child or family in need. But you can guarantee that someone will. To protect. To care. To donate, visit www.oregonredcross.org.



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HEALTH MATTERS

Mobile Health Clinic Expands into Rockwood

The Multnomah County Health Department's Mobile Medical Clinic has expanded its services into Rockwood in East County.

The mobile clinic delivers primary care services to medically needy families and individuals throughout Multnomah County who are currently without health care. The 40-foot clinic provides access to medical care, lab, and screening services at seven designated "host" social service agencies.

According to a recent study

of community need in Multnomah, Washington and Yamhill Counties conducted by Providence Health Services, the Rockwood zip code had the highest health care needs of all zip codes in the tri-county area.

Residents in Rockwood are disproportionately uninsured with 20 percent to 30 percent of the residents lacking health insurance, compared to a county-wide rate of 17 percent.

"Each family member we will treat means one less person seeking emergency room services for a medical problem that could have been prevented," said

Multnomah County Health Department Director Lillian Shirley. "Equally important is linking with our partner agencies that provide the services and supports to help these families become self-sufficient."

The Health Department received \$25,000 each from Pacific Source Foundation and Providence Health System to establish a site in Rockwood for the first year.

In addition, the program receives \$123,000 from United Way to help provide mental health care and a \$300,000 federal grant from Health Resources and Ser-

vices Administration, as well as Multnomah County general fund.

Host community organizations assist clients in accessing other needed services such as case management, domestic violence intervention, housing, employment, education, and support groups.

The help sites include Human Solutions Employment Office in Rockwood, Friendly House, Human Solutions - Portland site, JOIN, Portland Impact - Dancing Tree and Brentwood Darlington offices, and Salvation Army Harbor Light.

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No Cold Remedies for Kids under 4

Don't give over-the-counter cold remedies to kids under 4, warns a new advisory from drug companies. What sniffing little ones need, doctors said, are plenty of fluids and lots of tender, loving care.

The best thing a parent can do is comfort their children," said Dr. Laura Herrera, a Baltimore family practitioner and mother of two. "Keeping them as comfortable as possible is certainly better than giving cough and cold medicines."

In a concession to pediatricians, who doubt the drugs do much good for children and worry about risks, the companies that make over-the-counter remedies like Dimetapp and PediaCare announced they had changed their advice to parents for the second cold season in a row.

Besides recommending against cold medicines off drug-store and grocery shelves, the



A new advisory from drug companies warns that pediatric cold remedies are not recommended for children under 4 years old.

companies say not to give antihistamines to kids to help them sleep. The new instructions are on packages that started hitting stores this week.

Last year, the industry went

against cough and cold medicines for children under 2. The latest changes came after discussions between drug companies and the Food and Drug Administration.

FREE Lead-Safe Kids Fair

Fun Activities & Resources to Protect Kids From Lead Hazards

- ▶ Blood lead testing for children
- ▶ Lead-free toy giveaway & kids activities
- ▶ Lead screening for toys/pottery (4 items per family)
- ▶ Lead poisoning prevention workshop
- ▶ Tenant rights workshop
- ▶ Healthy food & beverages

Saturday, October 25th, 11am - 2pm

IRCO Community Room, 10301 NE Glisan, Portland, OR 97220

Event Sponsors: Portland Water Bureau & BLD

Protecting children from environmental hazards and promoting community action for healthy homes.

HEALTH WATCH

Chronic Pain Support Group -- meets the first Wednesday at 4 p.m. to 5:30 p.m. and the third Wednesday of each month, from 7 p.m. to 8:30 p.m. For more information, call 503-256-4000.

Shoulder Spoilers -- Thursday, Oct. 16, from 6:30 p.m. to 8 p.m., learn about the most common cause of shoulder pain and dysfunction including bone spurs, labral tears and rotator cuff tears, and the latest minimally invasive treatments presented by Dr. David Huberty, free. To register, call 503-692-2411.

Heart Savers CPR/AED -- Saturday, Oct. 18, from 9 a.m. to 1 p.m., this American Heart Association course will teach participants CPR for all ages, AED operations, relief of airway obstruction. Course meets OSHA requirements for workplace CPR certification; \$45 fee. To register, call 503-335-3500.

Smoking Cessation -- Beginning Monday, Oct. 20, from 7 p.m. to 8:30 p.m., this 11-week series will teach a systemic approach to quit smoking through behavior modification techniques, coping skills, social support and more. Eight weeks of nicotine patches will be provided free to participants; fee \$225. To register, call 503-574-6595.

Welcome to Medicare -- Thursday, Oct. 23, from 7 p.m. to 9 p.m., this two-hour class will help people who are eligible to receive Social Security Disability benefits or nearing age 65, to make informed decisions regarding Medicare options; free class, for more information call 503-988-3646.

Tenderfoot Care -- Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

Senior Aerobics -- A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.

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.

Peer-to-Peer Recovery -- Peer-to-peer education recovery is a free 9-week course for mental health patients. Mentors who are recovering from mental illness are trained to teach coping strategies to others. For more information, call 503-228-5692.

Cardiac-Rehab Exercise Classes -- A medically supervised exercise program for people dealing with heart conditions. For more information, call 503-251-6260.

Osteoporosis Screening -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

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.

Leg Alert Screening -- Check for peripheral arterial disease with this safe, simple screening using ankle and arm blood pressure. The fee is \$40. To schedule an appointment, call 503-251-6137.

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 information and registration, call 503-215-4622.

Hospice Volunteer Training -- Providence offers a free comprehensive course of training to prepare people who are interested in becoming hospice volunteers. No previous experience is required. For more information or to request an application packet, call Melinda Smith, hospice volunteer coordinator, at 503-215-5774.

Mammography Screening -- Early detection is a key factor in the prevention of breast cancer. Call 503-251-6137 to schedule your high-tech, soft-touch mammogram.

Managing Chronic Hepatitis C -- Third Wednesday of each month at 5 p.m., the informative session led by a registered nurse to help manage side effects of medications and dosage preparations and administration; doctors referral required. To register, call 503-251-6313.

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.

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.

Heart Talk Support Group Meets -- on the second Monday of each month; from 6 p.m. to 8 p.m. For more information, call 503-251-6260.

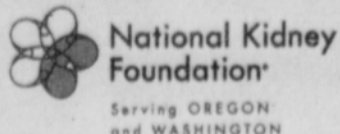
Maternity Water Workout -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

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

IF YOU HAVE DIABETES OR HIGH BLOOD PRESSURE THE TIME TO CHECK YOUR KIDNEYS IS NOW.

Your kidneys are essential for life. That's why the National Kidney Foundation Serving Oregon & Washington is offering FREE screenings to those at risk—anyone with diabetes, high blood pressure or a family history of diabetes, high blood pressure, or kidney disease. Early detection can make a big difference. And getting screened might just save your life.



LOVE YOUR KIDNEYS