

HEALTH MATTERS

Annual Wellness Village Saturday

For free health screenings, education and activities

Community members, health care organizations and exhibitors will once again come together for Wellness Village, a day of free health screenings, health education and fun activities.

The 13th annual event, sponsored by the African American Health Coalition, will be held Saturday, Oct. 18 from 10 a.m. to 3 p.m. at the Blazers Boys & Girls Club, 5250 N.E. Martin Luther

King Jr. Blvd.

Free kidney screening will be made available for the first 100 people to pre-register by calling 503-963-5364. Other health services provided during the event include flu shots, a breast health workshop, vision and hearing tests, diabetes screening and massage therapy.

Activities and exhibits will include African drumming by Chatta Addy, cooking demonstrations and tastings, a gospel choir, children's activities and raffle prizes.

The health coalition is also hosting its fourth annual Health Disparities Conference this week for community members, health care providers and policy makers to generate solutions to health disparities in

Oregon.

The "We Can Make a Difference" conference will be held Friday, Oct. 17 at the Airport Sheraton Hotel, 8235 N.E. Airport Way. Registration begins at 10:30 a.m. with the program starting at 11 a.m. followed by a keynote address and lunch.

Dr. Clayton Smiley and Christine Sanders will present a talk on "The Truth About African Americans and Kidney Disease."

Free Health Fair in Southeast

Free flu shots, blood pressure checks and chair massages will be among the offerings at a community health fair, scheduled from 10 a.m. to 1 p.m. on Saturday, Oct. 18, at the Monarch Hotel and Conference Center, 12566 S.E. 93rd Ave.

Presented by Northwest Primary Care in partnership with Providence Milwaukie Hospital, the fair will feature information and resources on a wide variety of health topics, as well as custom-fitted bicycle helmets for the bargain price of \$5.

Health professionals and representatives from 47 organizations will participate in the fair, including the Clackamas County Health Department, the Milwaukie Center, the National College of Natural Medicine, FolkTime, Inc., the American Lung Association, Cascade Eye Association and Krueger Medical Services.

In addition, physicians, nurses and clinicians will share information on topics such as cancer prevention and treatment, diabetes, mental health resources, physical therapy and sleep health.

For Your Health Keep on Keeping Busy

BY JUNE POTTER ACOSTA
Among my age group—roughly those born before 1935 -- we are the doers and movers.



rather than sitting. We follow the edict: Use it or lose it. We are healthier and happier than the sitters. We don't make a career out of being sick or assuming victimhood.

We recognize each other after the exchange of a few words. We sense a certain spark of vitality. We keep busy with one thing or another as long as we live!

We might retire from one job and then decide to go back to college for an advanced degree, begin a new business, indulge in a hobby we love or maybe even turn a favorite pastime into a money-making enterprise.

We are the ones who serve lunches at senior centers and then clean up afterwards. We're volunteers in our neighborhood library, the local Public Broadcasting System studio and at museums.

We usually choose to remain in our homes rather than entering a retirement facility. Our independence is important to us. We move around a lot, meaning physically moving our bodies,

In my own life -- I turned 84 in July -- I've been a lifelong writer from a family of writers. Over the years, I've published sometimes for money, but now I see my calling more as a free-lance journalist; not the novelist I once believed myself to be.

I realized that, for me, real people were far more interesting and appealing to write about, than fictional people from my imagination. Currently, I'm pursuing a degree in English, a major that I commence in 1944 at age 20 and have accumulated about three years worth of credits from several institutions. The counseling office at Sylvania Campus of Portland Community College, where, I've taken classes, tells me

that in order to get the Associate of Arts degree, I must take another math and lab science class. No way! I thought, until about a week ago.

I believed I'd had enough algebra, geometry, physics and chemistry in high school. Suddenly, I envisioned the extra coursework as a challenge! I could be two quarters away from the degree next June!

After all, numbers have been my friends! In my 40's I studied accounting on my own, and was able to advance from general office or clerk-typist jobs.

I also tutor English two hours a week in the Multi-Cultural Department at Sylvania, a most rewarding activity. I employ the same technique I used with my own two sons, now adults in their 50's, both with college degrees and professions.

How to Live to Be 100

Ever wonder how you can live to be 100? Good genes help but still leave a lot to chance. The Old Farmer's Almanac has a list of tips:

- Take it easy. Centenarians tend to be easy-going people who aren't stressed or flustered.
- Use your brain. Challenge your mind by doing puzzles or playing card games, such as bridge, or by learning new things.
- Stay physically active. Many people who have lived to be over 100 have stayed active pretty much their entire lives.
- Get out of the house or invite people into your home. Evidence suggests that an active social life is one of the keys to living longer.
- Laugh a lot. To double the effect, share a smile with someone you love.
- Flirt. A little harmless flirting doesn't hurt. As the saying goes, there may be snow on the roof, but there is still fire in the stove.
- Stay trim. It is extremely rare to find an obese 100-year-old.
- Enjoy sunshine sensibly. Studies show that vitamin D (sunshine vitamin) can improve life expectancy by slowing the progression of certain common diseases.

Tutoring provides me a frequent opportunity to be on a school campus, a venue of success and satisfaction from my earliest years.

Helping others succeed also brings a great deal of satisfaction and reminds me of my parents who applauded my good grades and encouraged me wholeheartedly to write stories or draw pictures or do anything creative.

Everyday, I think about those two dear people, gone now for many years, and thank them silently in my heart for the gift they gave me! A far richer legacy than gold or diamonds!

June Potter Acosta is a regular contributor to the Portland Observer

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BRIDGETOWN REALTY

AAHC Annual Wellness Village & Health Disparities Conference

Poor health affects everyone so join us for two great events because a healthy community starts with you!

Friday Oct. 17th, 10:30 a.m.- 1:00 p.m.
4th Annual Health Disparities Conference: We Can Make a Difference
Airport Sheraton Hotel
8235 NE Airport Way,
Portland, OR 97220.
Who should attend?
For community members, health care providers, and policy makers to generate solutions to health disparities in Oregon.
Keynote: The Truth About African Americans And Kidney Disease
Dr. Clayton Smiley And Christine Sanders

10:30 a.m.-11:00 a.m Registration
(\$200 Individual; \$1500 Table of 10)
11:00 a.m.-11:30 a.m. Program
11:30 p.m.-1:00 p.m. Keynote Address and Lunch

Saturday Oct. 18, 10 a.m.-3 p.m.
13th Annual Wellness Village at The Blazers Boys & Girls Club
5250 NE Martin Luther King Jr. Blvd.
FREE health screening and activities at the Wellness Village include:

- Kidney Screening for the first 100 people that pre-register at 503 963 5364
- Flu shots
- Breast health workshop
- Vision
- Hearing
- Diabetes
- Massage therapy

Activities & Exhibits

- Free membership to Boys and Girls Club when parents get a kidney screening.
- African drumming by Chatta Addy
- Cooking demo & tastings
- Gospel choir
- Children Activities
- Raffle prizes

National Kidney Foundation
For more information contact the AAHC at 503-413-1850 or visit www.aahc-portland.org

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