The Hortland Observer

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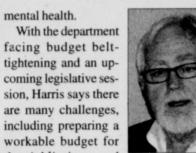
HEALTH MATTERS

Advocate Comes Out of Retirement

To address addictions, mental health

The long-time executive for a non-profit agency that houses and serves homeless adults and families beset by poverty, addictions and mental illness will tackle some of the same issues for the Oregon Department of Human Services.

Richard L. Harris, who recently retired from Portland's Central City Concern, has joined the state agency as the new interim assis-



the Addictions and Richard L. Harris Mental Health Divi-

the required services in the best continued emphasis on commupossible way.

"I'll be working with staff, prosure every dollar is spent wisely and building consensus within says.

delivery system of healthcare and conof caring for the uninsured is to enroll everybody in universal

sion that focuses on delivering health care. And he called for job less difficult." nity-based services.

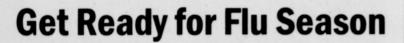
He said addressing the impact viders and stakeholders to make of drug and alcohol addiction on our society is also important.

"Alcohol and drugs are big tant director for addictions and DHS and all the other divisions cost drivers in human service successor.

to make the most of and public safety systems, so our resources," he to get a handle on these costs we need to do a better job of

Harris says one addressing addictions," he way to streamline the said. "Determining when to apply services at the right place and right time is important. trol the enormous cost People are more likely to change behaviors and recover when they have stable housing. When they do, that makes our

> Harris says he plans to work closely with staff, providers and stakeholders during his tenure at DHS, most likely through the next legislative session and during the national recruitment to find his



lic to get vaccinated early. Vaccine couraged to be immunized. is arriving at numerous locations, care providers. This year's vaccine lated to protect against three new strains of the virus.

ment of Human Services Public Health Division, nearly 450 Oregonians die of influenza every year. Influenza and related pneumonia is the number one cause of death from infections in Oregon. Nationally, more than 220,000 people are hospikills more than 36,000 people annually.

"It is especially important to get vaccinated if you are at greater risk of developing serious flu-related complications, such as pneumonia," says Paul Lewis, M.D., Deputy Tri-County Health Officer. Groups at people 50 years of age and older,

Flu season is beginning and ily members, and those who work health officials encourage the pub- with higher risk groups are also en-

Influenza vaccine provided to a including grocery stores and health pregnant woman may benefit both mothers and their young infants, acis in plentiful supply and is formu- cording to a recent study by researchers of Johns Hopkins University Bloomberg School of Public According to the Oregon Depart- Health, published in the New England Journal of Medicine. Researchers found that babies born to vaccinated mothers had a 63 percent lower risk of laboratory-confirmed influenza compared to babies whose mother had not received a flu shot.

Pneumonia (pneumococcal distalized with flu complications and flu ease) is a leading complication associated with seasonal flu. Some types of pneumonia can be prevented by vaccines. Talk with your doctor about which pneumonia vaccine especially if you are older that 65 or have lung disease, heart trouble or other chronic medical conditions.

Health officials remind the public higher risk include children aged 6 to practice "good health manners" months to 5 years, pregnant women, to prevent transmission of disease. "We encourage everyone to cover people with chronic medical condi- your cough and wash hands often. tions, and anyone living in a nurs- If you are sick, please stay home, ing home or long-term care facility. and if your children are sick please This year, Centers for Disease keep them out of school or child mends that all children from 6 For more information on flu shot months to 18 years receive flu shots. locations, call 1-800-SAFENET, or Children are twice as likely to get visit www.getaflushot.com or

Please Join

HEALTHWATCH

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.

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.

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.



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Control and Prevention recom- care," says Lewis. ' influenza as adults. Caregivers, fam- www.flucliniclocator.org

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.

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The Fortland Ghzerver Newspaper at **Community Service Awards Banquet**

RESCHEDULED TO

Friday, March 20 7 p.m to 10 p.m.

This celebratory event will include music from local talent, awards of scholarships, and community service awards for those in the community that realize the potential in our city and communities who strive to continually give of themselves.

Charles Washington, the Publisher of the Portland Observer Newspaper carries on the legacy of his mother's hard work in the community and her efforts in helping those in the community.

for tickets or table information contact: Kathy Linder email kathyl@portlandobserver.com or call 503-288-0033