

HEALTH MATTERS

Helping Children out of Foster Care

Goal is to reduce numbers in system

The Oregon Department of Human Services and the Oregon Commission on Children and Families have partnered with the national foundation Casey Family Programs to support efforts to safely reduce the number of children in foster care.

Foster care placement in Oregon continues to be one of the highest in the nation, and national research shows that when children are safe at home with their family or in another permanent placement option, they have better social, emotional and educational outcomes.

Even though the number of children entering foster care in Oregon has recently declined, state leaders believe the rate can be further reduced by as much as 20 percent by the year 2011.

"Our first obligation is to keep kids safe," said Erinn Kelley-Siel, Interim Director of the Children, Adults and Families Division. "We believe that working collaboratively with local Com-

missions on Children and Families and communities across Oregon, we can do more to proactively support families and safely keep more kids at home or, when that isn't possible, identify safe placement options with relatives rather than have them enter the foster care system. We also believe we can do more to ensure that if a child must temporarily enter foster care, he or she can exit as soon as it is safely possible to a permanent family."

As part of this effort, Gov. Kulongoski has signed an executive order creating a task force to recommend strategies aimed to reduce disparities for children of color and their families who are involved in the child welfare system.

"Too many children of color, particularly Native American and African American children, are in foster care," said the Governor. "The time has come for us to move beyond good intentions to intentional action so we can ensure that children with the same needs are treated equitably, no matter the color of their skin."

Colorectal Cancer Prevention

In Oregon, approximately 1,750 new cases of colorectal cancer are diagnosed each year and more than 600 people will die from the disease. However, the disease is preventable with appropriate screenings, and if detected early, it is successfully treated 90 percent of the time.

To help raise awareness for this deadly disease, Legacy Health System is planning a variety of fun and educational events in March, Colorectal Cancer Awareness Month.

On Wednesday, March 18, you join surgical oncologist Dr. Katherine Morris and medical



Dr. Spencer Shao

oncologist Dr. Spencer Shao at Legacy Good Samaritan Hospital as they discuss screening tests, early detection and the latest treatment options for colorectal cancer.

The free event is from 6:30 - 8 p.m. Call 503-335-3500 to register.

People age 50 or older are at risk for colorectal cancer and should get regular screenings. Screenings help find and remove pre-cancerous polyps before they can turn into colorectal cancer. The best test is the one that gets done. Talk to your doctor about what test is right for you.

Sleep Your Heart Healthy

Recent studies indicate more sleep contributes to a healthier heart.

The Providence Heart and Vascular Institute cites a recent University of Chicago Medical Center study that found that just one extra hour of sleep each night appears to decrease the threat of coronary artery clarifica-

tion - which is an early risk factor of cardiovascular disease.

A minimum of six hours of sleep a night is recommended to help battle cardiovascular disease through slumber.

Studies indicate the benefits of sleep are higher for women.

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For Your Health Signs of an Emotional Eater

Many people who decide to lose weight get off to a great start, but usually find that they end up becoming their own biggest obstacle. This is because they struggle with the tendency to overeat.

It is estimated that 75 percent of "emotional eating" leads to overeating. Emotional eaters eat to fight negative feelings like stress, boredom, loneliness, anxiety, and sadness.

How does one determine if they are emotional eaters? Here are 9 sure signs you are:

Sign #1 - If you find that many times you eat without even realizing you are putting food into your mouth.

Sign #2 - If you feel stressed about an important project or issue, you dig into a pint of your favorite ice cream instead of perhaps a hot relaxing bath.

Sign #3 - If you have negative feelings like anger, guilt, stress or shame after eating.

Sign #4 - If after eating a "healthy meal" you feel like you deserve dessert.

Sign #5 - If you crave specific foods quite often.

Sign #6 - If you are angry after an argument with a friend, do you have a good cry or instead make some mac'n cheese?

Sign #7 - If you feel full when eating, do you stop or keep eating until you have the

stuffed sensation?

Sign #8 - If you often eat because you are alone and bored.

Sign #9 - When you get hungry, instead of taking the time to plan out when and what you will eat, do you feel the urge to eat immediately?

If most of these practices describe your eating pattern, what do you do about it? Fad dieting is not the answer, but rather a comprehensive nutritional program that will balance the body and brain; it's the closest thing to a cure!

Makeisha Lee is the author of "Why Black People Can't Lose Weight."



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Cholesterol Profiles -- Calls helps you keep an eye on your cholesterol and other indicators of heart health; educational material provided. For more information, call 503-261-6611.

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.

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.

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.

Mind Body Health class -- Your thoughts, feelings and habits have a tremendous impact on your physical and mental health. Mind-body medicine offers powerful tools to help you thrive; March 25 through April 15, 6:30-8:30 p.m. Fee is \$70 for Kaiser Permanente member and \$95 for nonmembers. Call 503-286-6816 or 1-866-301-3866.

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

Lead Poisoning Prevention -- Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women. Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.

Family Caregiver Support Group -- This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care to an older relative or friend. Meets the first Thursday of each month at 3 p.m. at Legacy Good Samaritan

HEALTHWATCH Hospital.

Powerful Tools For Caregivers -- 6-week educational series designed to help family caregivers take care of themselves while caring for relatives or friends with chronic illness. Class size is limited, and registration is required. Call 503-413-8018.

Red Cross Continuing Education -- The Oregon Trail Chapter Red Cross now offers credits to helps professionals maintain licensing or certification. For a cumulative list, visit pdxinfo.net.

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 information, call 503-251-6830.

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

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

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

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.

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.

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.

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.

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.

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.

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