

HEALTH MATTERS

Inspired Mom's Hope for Autism Remedies

Launches therapy program

A Portland area mom and a therapist have launched a new cutting edge autism treatment program called "A Hope for Autism". The program was founded by Gayle Woodruff, the mother of a five and a half year old son with autism, along with renowned therapist and board certified associate behavior analyst, Robbin Sobotka-Soles.

By connecting children with autism with their interests, the therapy provides learning opportunities that are personalized for each child, providing a safe, loving environment that is conducive of teaching and learning. Each child with Autism Spectrum Disorder varies in their ability to learn, communicate and relate to others. Woodruff was inspired to

Hope for Autism co-founder Gayle Woodruff with her son Miles.



launch the effort after searching numerous avenues for help with her son Miles. Through determination to make a difference with her son, she received intensive training in various theories of how to best work with Miles. Sobotka-Soles has dedicated her career to working with children with Autism. She earned a bachelor's degree from Linfield College and completed graduate work in behavior analysis at the University of North Texas. Hope for Autism resources include occupational therapy, speech and language therapy, education training for parents and support groups and individual sessions. For more information, visit ahopeforautism.org.

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I must work the works of him that sent me, while it is day:
the night cometh, when no man can work. **John 9:4**

Regular Testing Reduces STD Infections

Help available at Planned Parenthood

"GYT: Get Yourself Tested," is a new national campaign to increase testing and treatment for sexually transmitted diseases (STDs) among those under 25 years of age. Planned Parenthood of the Columbia Willamette is participating in the effort along

with MTV and the Kaiser Family Foundation. The central hub of the campaign will be a website (gyt09.org) that provides comprehensive information about STDs and will direct users to the nearest testing location simply by entering a zip code. "Most people are shocked to learn that, by age 25, one in two sexually active young people will have an STD. This is not just a statistic, but the reality of what Planned Par-

enthood health centers see every day," said David Greenberg, the organization's local president and chief executive officer. Greenberg said affordable testing, treatment and education are the tools teens and young people need to stay healthy and safe. From OMG to LOL, acronyms saturate young people's everyday vernacular, acting as common methods of communication. Playing off mo-

bile and Web slang, the GYT public service campaign is an easy way for young people to talk about sexual health and get tested for STDs. All of Planned Parenthood Columbia Willamette's health centers throughout Oregon and Southwest Washington offer STD testing and treatment services. To make an appointment or for more information, call 1-888-875-7820 or visit ppcw.org.

Supporting Minority Gay, Lesbian Health

The first PFLAG chapter in the country dedicated specifically to the African American community will host a gathering for community members who want to support black gay and lesbian friends and family. Allies are welcome to attend

the Saturday, April 18 gathering from 10 a.m. to noon at Ainsworth United Church of Christ, 2941 N.E. Ainsworth St. Parents, Families and Friends of Lesbians and Gays (PFLAG) promotes the health and well-

being of gay, lesbian, bisexual and transgender persons, their families and friends. The group acts to create a society that is healthy and respectful of human diversity, ending discrimination and securing equal civil rights.

For more information about Portland's black chapter of PFLAG or to RSVP for the upcoming meeting, contact Geri Washington, community organizer at 503-421-3343, 503-281-2293 or email Washington.geri@yahoo.com.

300 More Staff for Oregon Nursing Homes

Elderly and disabled residents in Oregon's long term care facilities will get a much needed boost in staffing levels through a program announced by Legislative leaders and long term care advocates. Using a combination of state funds and federal stimulus dollars, the state will move forward with plans to help pay for 300

new certified nursing assistants to work in long term care facilities across the state. "We are making an investment in the health of Oregon, both our physical health and our economic health," said Senate President Peter Courtney. "We are maximizing federal stimulus dollars to create jobs all across Oregon while at the same time

providing better care for our vulnerable senior citizens and expanding our state's workforce in one of the most dynamic and growing industries in the world - health care." House Speaker Dave Hunt said this program is a perfect example of smart investments the state can make - even in the face of economic crisis -

that provides both short and long term benefits for Oregonians. "This creates jobs right away; good-paying jobs that offer an opportunity for advancement. And we are reaffirming our commitment to long term care for disabled and elderly Oregonians, making their life a little bit better," said Hunt.

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- Senior Aerobics** -- A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.
- Osteoporosis Screening** -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.
- 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.
- Smoke-Free Support Group** -- meets Mondays, 7 p.m. to 8 p.m. For information, call 503-256-4000.

- 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.
- 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 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.
- 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.

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Part 15. Back Pain: Why "oh, my aching back" has become such a popular phrase.

Q: I always know when my back hurts. But I rarely know why.

A: Statistics tell us 80% of all men, women, and children will experience back pain in their lives. Chiropractors can also tell you why. There are, for example, several mechanical malfunctions that cause back pain. Among them are: Direct pinching on the nerve. This is the reason many people give for their back pain, but in fact, "pinched nerves" only account for about 10% of it. Edema (swelling) This occurs from inflammation due to simple strain or subluxation. Fixation. This is yet another component of what we call the vertebrae are not moving the way nature intended. Other factors include muscle spasm and disc herniation. Of course, in addition to knowing you have back pain, chiropractors also know how to make it go away. By eliminating the components of the subluxation complex and allowing the central nervous system to function the way nature intended, we Chiropractors not only relieve your back pain symptoms, we remove the cause. Without drugs. Without surgery. Without doubt. Call our office for an appointment today to find out how Chiropractic can help your "aching back." Or if you have any questions about your health, just call us at the number below.

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