

HEALTH MATTERS

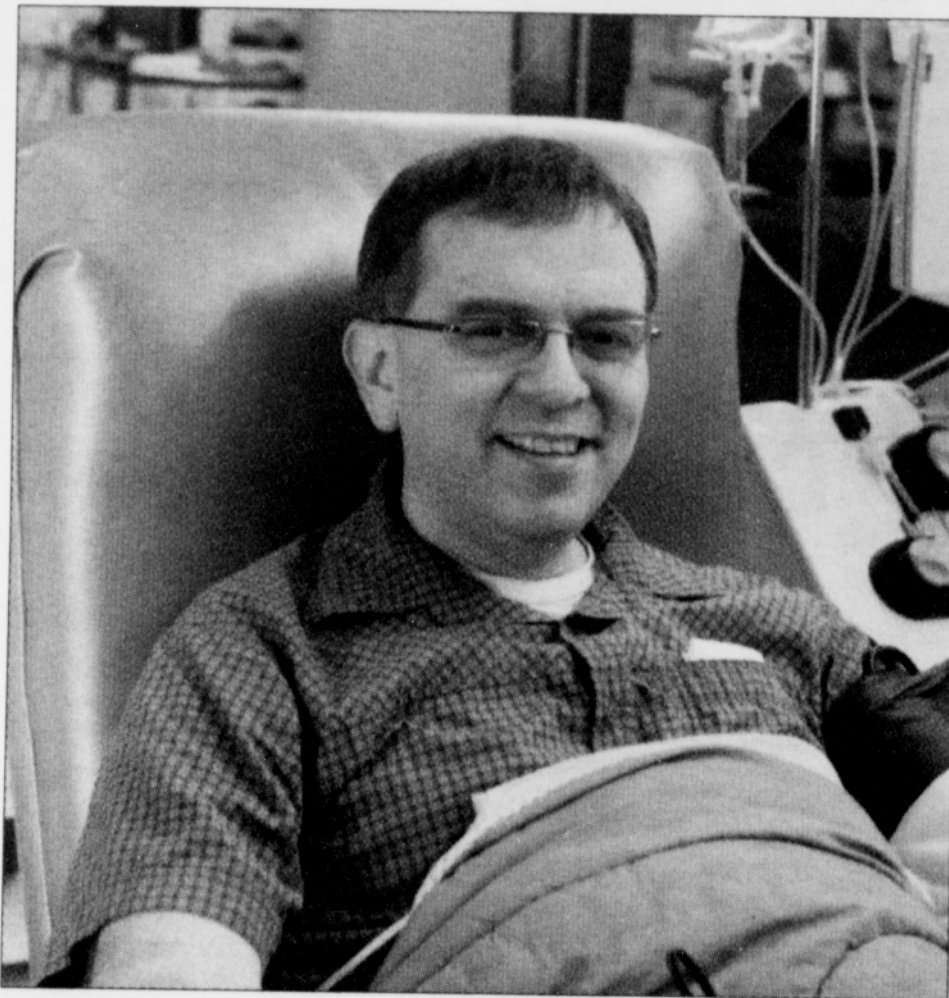
Red Cross Donor Honored

Manuel Baquero of northeast Portland has been honored as a local hero by the American Red Cross for his long-standing commitment to giving blood and years of work building the Latino community-based blood drives.

Baquero learned the importance of giving blood from his father, who is not only a blood donor, but also a recipient. With a condition that requires regular blood transfusions, his life literally depends on this life-saving gift.

It was this family connection that influenced Manuel to start donating blood in Puerto Rico at age 19. Ten years ago, he began giving in Oregon and now he not only donates regularly, but also inspires others to give.

Today, Manuel is a Red Cross volunteer, helping with outreach and interpretation for the Latino community-sponsored Blood Drives. His language skills have been vital to growing these events by more than 1,000 donors in just two years.



Manuel Baquero knows the importance of giving blood.

Unwanted Drugs Collected

Drug turn in Saturday at Fred Meyer

Unused prescription medications will be collected Saturday, March 13 in the parking lot of the Fred Meyer store at 7404 N. Interstate Ave., from 10 a.m. to 4 p.m.

The effort is part of a statewide collection of unwanted and expired drug meant to increase awareness about the disposal of potentially dangerous and addictive drugs. Sponsors include the Oregon Medical Association Alliance, Community Action to Reduce Substance Abuse and Oregon Partnership.

Water quality samplings have found trace amounts of pharmaceuticals in Oregon's surface wa-

ter, and focused studies have found pharmaceuticals in groundwater. Flushing unwanted drugs down the toilet are one way the drugs make their way into the environment.

Collecting unused drugs also prevents drug abuse by keeping the medications out of the wrong hands.

Oregon ranks among the top states for non-medical use of pain relievers among 12-17 year olds. Teens say prescription drugs are widely available from an array of sources, including their homes, friends and relatives.

Locking your meds is a household strategy that is gaining more popularity, as parents realize that most teens who abuse prescription drugs acquire them from medicine cabinets at the homes of parents, relatives, or friends.

HEALTH WATCH

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.

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.

Mind Body Health Class -- Learn and practice techniques to help you improve your mood, health and wellbeing, including effective ways to manage difficult emotions and chronic stress or illness. Registration is \$70 for Kaiser Permanente members and \$95 for nonmembers. Call 503-286-6816.

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

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.

Families with Mental Illness -- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.

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.

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.

A Time for Feasting

The Gospel Picnic

Upcoming Event
July 17, 2010
at
Columbia Park
Entertainment
Food
&
A Joyful Noise

For more information please call 503-740-6671 and leave a voicemail or contact by email at gospelpicnic@live.com

Looking for volunteers and churches to make this event a community blessing!

Sponsored by The Portland Observer Newspaper & Rainbow Outreach Ministries