

# HEALTH MATTERS



## FAB LIVING

W/ REBEKAH STAR

Make a difference in your own life.

Here we are more than half way through April and it seems as if the year the years speed by with the swiftness of a gazelle. As I think back on when I met some of my friends, it has been 10, 15 or even 20 years! Where did the time go? I now understand what my parents meant when they said "As you get older, time will go by much more quickly." It definitely does.

Are there any goals that you made at the beginning of the year that you just can't find the time to complete or even start? I would like to challenge you to take a look at some of your New Year's goals or make a new goal that can add some component of happiness to your life. And Take Action!!

Many prominent psychologists' suggest that the biggest difference between those who live a life close to the life of their dreams is not that they don't have goals, not that they aren't inspired or that they are just lazy by any means! The biggest difference is that they do not take ACTION. They know what they want, but do not take the proper steps to move forward. Does that sound familiar? Too familiar to me. I have proclaimed 2010 as the year that a profound positive change has/will occur in my life and I truly meant that this is the year I will make a conscious effort to change years of stagnation and procrastination and take action to propel forward toward the life of my dreams!

I've put together a small list of suggestions that I live by and when put into action will definitely help us all move toward our goals:

**#1. Find a volunteer opportunity in your community** -- Helping others helps you! Start Making A Reader Today & Big Brothers/Big Sisters offer great volunteer ops! Give away L-O-V-E.

**#2. Write a life goal list** -- Writing out your goals and seeing them on paper creates clarity and helps you consciously and unconsciously move toward them.

**#3. Find a mentor** -- Find someone in your network that is or has been where you want to be. Pick their brain, spend time getting to know how they think-what's helped them, what hasn't. You

will definitely grow.

**#4. Rid yourself of negativity** -- Any form of negativity takes away from your life. Ask yourself "How does anything negative fit into my life?" That includes people, music, entertainment, violence, gossip, etc. Just sayin'... What goes in comes out in some way.

**#5. Remember 'Thoughts become Things'** -- What you think about will manifest in your life in some kind of way. Be conscious of that- Think about what you like and what you want. Not what you hate, what you wish was different, and so on. Thinking positive = Being positive.

**#6. Take inventory of your friends** -- Surround yourself with people who are successful in the ways you would like to be successful. Like-minded people. Make sure you only share your dreams with people who truly want you to be as successful as you can be! They will build you up and there's nothing wrong with keeping some things to yourself!

**#7. Have a 'Big Picture' vision** -- Keep your eyes on the prize, so to speak. Make small steps toward your end goal every single day and soon you'll be there.

**#8. Honor your commitments** -- This one is so simple. It also has a great impact on the way people view you. Just do what you say you are going to do! Simple.

**#9. Practice non-judgment** -- If you are in a constant state of judging what's right and wrong, you are wasting energy evaluating things that most likely have no effect on your life. Free that energy up and you'll have room for success!

**#10. Have gratitude** -- Every morning as soon as I wake up I meditate on how thankful I am for my life, the love I have, my piece of mind, and everything that makes me Me. Try it! Your day will start off great and that will carry over into other areas as well!

Make a commitment to make a difference in your own life, to be happy. Please visit our Facebook Page- 'FaB Living w/Rebekah Star' and let us know what steps you've taken toward a more positive life! Until next week- Live Fabulously!

## HEALTH WATCH

**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.

**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.

**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.

**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.

**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.

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

**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.

**Empowerment through Relaxation** -- Free informal meditation classes that address breathing techniques, some gentle ancient African yoga poses and mental balancing techniques-- People have left these classes joyful and with a peaceful view of their lives. We have these sessions bi-monthly-- Call Dr. Marcelitte Failla at 503-228-6140.

**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.

**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 Hospital.

**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.

**Cholesterol Profiles** -- Get the resources to help you keep an eye on your cholesterol and other indicators of heart health. Educational material provided. For more information, call 503-261-6611.

**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.

**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.

**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.

**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.

## Chiropractic Auto Injury Clinic, PC

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