

# HEALTH MATTERS



The documentary 'The Horse Boy,' follows a Texas couple and their autistic son as they trek on horseback through outer Mongolia.

## Autism: A Spiritual Journey

Documentary follows family with autistic son

The Northwest Film Center presents the Portland premiere of "The Horse Boy," an acclaimed new documentary about two parents' search for healing for their young autistic son, based upon the best-selling Rupert Isaacson memoir of the same name.

The film documents the struggles of Isaacson and his wife Kristin in coping with their five-year-old son Rowan's autism.

Rowan is not toilet trained, has screaming tantrums, and is frequently angry and hostile, until a neighbor's horse proves a calming

influence on his behavior. His father, a travel writer, decides to take the family on a journey of healing to Mongolia, where horses and a shamanistic tradition dominate the culture. There, at the hands of the shamans, Isaacson and Kristin go to great lengths to find peace for their son, in a true testament to the power of faith and family dedication.

Isaacson will attend the film center's screening of "The Horse Boy" on Wednesday, Oct. 20, at 7 p.m. at the Whitsell Auditorium, 1219 S.W. Park Ave. He will introduce the film and host a question-and-answer session and book signing immediately following the screening.

General admission is \$9 or \$8 for students and seniors. Tickets can be purchased online at [nwfilm.org](http://nwfilm.org).

## Focus on Backpack Safety

Backpacks are as much a necessity for school as the books they hold. And with the various books, supplies and, of course, lunch, these backpacks can get awfully heavy.

To avoid back pain, Providence health experts say you should choose a backpack with wide, padded shoulder straps and a padded back. Make sure your child always uses both straps - slinging a backpack over one shoulder can strain muscles and may also increase curvature of the spine.

Providence Rehabilitation Services recommends that a backpack weigh no more than 15 percent of the child's weight.

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## Oregon Health Plan Openings

Uninsured, poor urged to apply

Over the next week, uninsured Oregonians with few earnings who take a few minutes to register with the Oregon Health Plan stand a good chance of obtaining free or low-cost health insurance.

The Oregon Department of Human Services will randomly draw 20,000 names from a registry on Wednesday, Oct. 20. Those selected will then be invited to apply for health coverage under a program called "OHP Standard."

Because the reservation list had only about 12,000 names on it as recently as last week, those who register now have very good odds of having their names drawn, according to Janet Bauer, policy analyst with the Oregon Center for Public Policy.

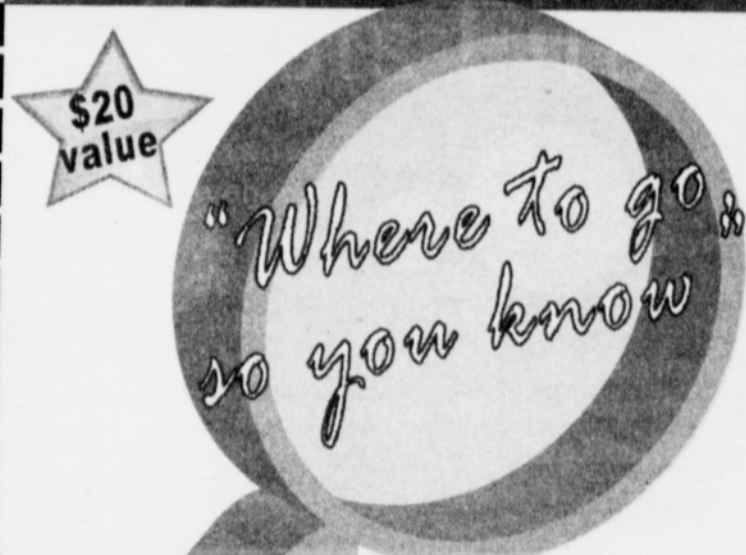
"It costs nothing and it takes but a few minutes to register," Bauer said. "You can also add the name of someone you know who you think qualifies."

A combination of a new dedicated hospital tax and federal matching funds have allowed Oregon to expand enrollment in the health insurance program which provides free or low-cost health coverage to uninsured Oregon adults with income below federal poverty income guidelines (\$18,310 for a family of three) and modest savings.

You can sign up for the reservation list by calling toll-free 1-800-699-9075. At that number you can also find out if you qualify for other health insurance programs. You can also sign up online or by mail.

For more information, visit the Department of Human Services website at [oregon.gov/DHS/open](http://oregon.gov/DHS/open).

## Take Action. Get Tested



"Free with this coupon"



Se habla español: other interpretation by appointment.

Multnomah County Health Department's HIV Community Test Site offers **confidential** HIV testing with or without your name at these locations:

### Downtown Community Test Site

Call 503.988.3775 for an appt.

Mon | Thurs | Fri

426 SW Stark St., 6th Floor, Portland, 97204

### Northeast Health Center

Just walk in

Tuesdays | 5:30 - 7:15 pm

5329 NE MLK Jr. Blvd, 2nd Floor, Portland, 97211

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