

## Grant Supports Childhood Health

The Multnomah Education Service District was recently awarded \$3.2 million in federal funds to improve wellness among youth living in Multnomah County. Project LAUNCH (Linking Actions for Unmet Needs in Children's Health) will promote the wellness of young children, birth to age 8, and their families by addressing the physical, emotional, social, cognitive, and behavioral aspects of their development.

The five-year grant will increase use of developmental and behavioral screenings in pediatric primary care with a goal of serving over 55,000 children ages 0-8 in Multnomah County.

The grant will also build a comprehensive community planning and implementation network that will coordinate and integrate behavioral, physical health, and other services for families and children ages 0-8.

## HEALTHWATCH

**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](http://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.

**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](http://providence.org/classes).

## Flu Shots Help You, Others

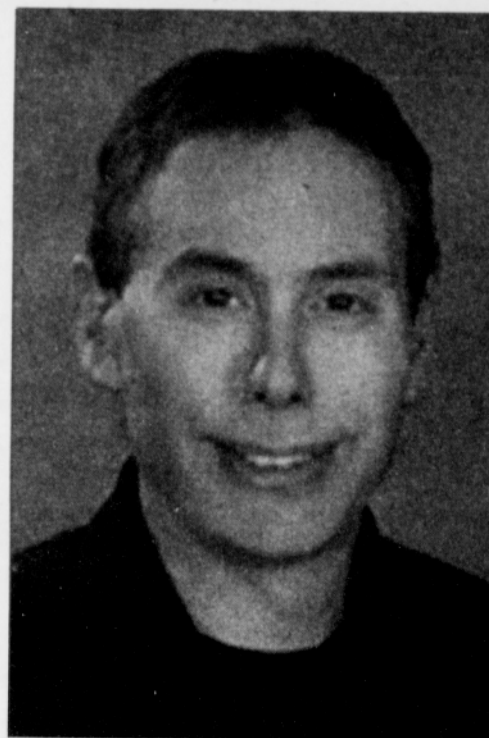
### Time to get vaccinated is now

Want a good reason to get a flu shot? It's the best way to protect yourself and your family from flu.

"When you get a flu shot, you're not just protecting yourself, you're protecting those around you," said Clark County Health Officer Dr. Alan Melnick.

Seasonal flu is a contagious respiratory disease that kills thousands of Americans each year. Fortunately, there's plenty of flu vaccine this flu season. Flu shots are recommended for everyone 6 months and older.

People at greatest risk of complications from flu are especially urged to get vaccinated. They include infants and young chil-



Dr. Alan Melnick

dren, pregnant women, people 65 and older and people with chronic diseases such as asthma and diabetes, heart disease, neurologic conditions and other long-term health conditions.

To get a flu shot, contact your health care provider or call a pharmacy. Vaccination with the

live, nasal-spray flu vaccine (FluMist) is an option if you are between the ages of two and 49, healthy and not pregnant.

Flu season usually peaks between November and March. Since each flu season is different, it is not possible to predict how severe the upcoming flu season will be. Health officials say current flu activity is low, making this an excellent time to get vaccinated.

The flu vaccine available now protects against the 2009 H1N1 virus that caused so much illness last season, and two other influenza viruses (an H3N2 virus and an influenza B virus). About two weeks after vaccination, antibodies begin to provide protection against flu. Even if you received an H1N1 vaccination last flu season, you should receive this season's flu vaccine to protect against the other two viruses likely to cause illness.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

## THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

### Part 27. Chiropractic VS Migraines: Saying goodbye to the most menacing of headaches

**Q:** Can anything be done for migraines? I've had them for the last 20 years and I sincerely can't take it much longer.

**A:** I had a patient once ask the same question. Her concern, however, was that Chiropractic might hurt. After becoming a patient, she began to make progress. Slowly but surely the nauseating effects of the migraine were leaving her. One day, relaxed and without pain, she said to me "I can't believe that I waited 20 years

for this!" That's one comment I'll never forget! The story had a happy, but isn't it sad that it had such an unfortunate beginning. So many suffer for so long with their pain. They literally waste years of their lives, waiting, thinking that it is just a temporary condition. Life itself is a temporary condition. We are all

here for only a while. Why waste one precious moment, let alone years suffering needlessly? Find your freedom through good health NOW... naturally. Find your freedom through Chiropractic... and make each day count. Isn't it time you stepped up to safe, effective Chiropractic?

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