

HEALTH

Meals on Wheels Drivers Needed

A local organization seeks volunteer drivers to ensure homebound seniors receive nutritious meals and a bit of companionship over the upcoming July 4th holiday weekend.

"Sometimes the Meals-On-

Wheels driver is the only person these homebound seniors see in a given day. Holiday volunteers also help fill routes left by our regular drivers who vacation for the Independence Day weekend," said Caroline

Henry, who manages Loaves and Fishes Centers' weekend and holiday meal program.

Loaves and Fishes Center was founded in 1970, and since has created 35 meal sites, which provided nutritional and social life-

lines for seniors in Multnomah, Washington and Clark counties.

With more than 9,000 volunteers, the nonprofit now serves 5,000 meals daily and more than 1.25 million meals each year through their Meals-on-

Wheels services to homebound residents.

For more information about how you can help, call Caroline Henry at 503-953-8123 on weekdays or 503-953-8202 on weekends.

Report Factors Cost to Raise a Child

According to an annual report by the Department of Agriculture, a middle-income family with a child born in 2010 can expect to spend about \$226,920 for food, shelter, and other necessities to raise that child over the next 17 years. A 2 percent increase from 2009, the cost would increase to \$286,860 if projected inflation costs are factored in.

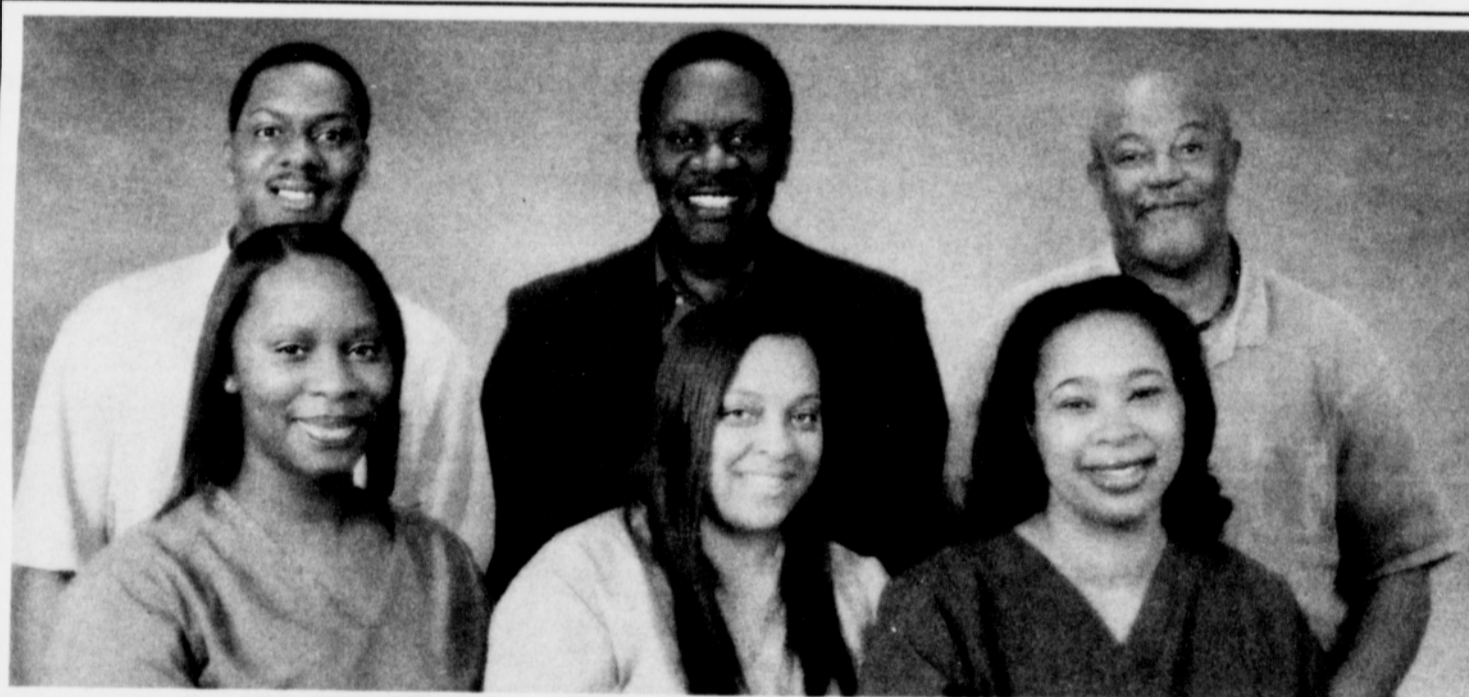
For the year 2010, per child

annual child-rearing expenses for middle-income, two parent family range \$11,880 to \$13,830, depending on the age of the child.

USDA reports that family income affects child rearing costs. A family earning less than \$57,600 per year can expect to spend a total of \$163,440 on a child born 2010 and raised through high school. Similarly, parents with an income between \$57,600 and \$99,730 can expect

to spend \$226,920, and a family earning more than \$99,730 can expect to spend \$377,040.

In 1960, a middle-income family could have expected to spend \$25,230 or \$185,856 in 2010 dollars to raise a child through the age of 17. Housing was the largest expense on a child both then and now, while healthcare expenses have doubled.



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 23. Chiropractic And Knees: Knees need to know how Chiropractic helps too.

Q: My right knee hurts terribly all of the time. It has been swollen several times to the point of needing to be drained. Can Chiropractic help?

A: Your case sounds familiar. It reminds me of one case in particular. A man once came to my office for consultation. He wanted to show me his knee but his slacks were so tight from swelling in his knee that he could not pull his pant leg up to show me. I talked to him about his knee and

showed him graphs of the nervous system and how it affects the knee. He decided to become a Chiropractic patient and has had no problem with his knee since. Within days the swelling was out of his knee. Like so many patients, he had an added bonus. His back was stronger and

healthier than it had been in years. His headaches disappeared. In short, he got that healthy happy feeling of Chiropractic. If you have knee pain or if you have any question concerning your health at all, call us today. Isn't it time you stepped up to Chiropractic?

Flowers' Chiropractic Office

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Health Insurance Exchange Approved

The Oregon House last week passed a major health care reform bill that will create a health insurance exchange in Oregon. The bill now moves to the governor who expects to sign it.

Intended to improve transparency and competition in the market while standardizing benefit level and cost, a health insurance exchange is a central marketplace for health insurance that provides one-stop shopping for individuals and small businesses

to compare rates, benefits, and quality among plans.

Set to begin in 2014, Oregon consumers will be able to review plan options through a web site or the assistance of a community-based organization designed to help individuals find the best insurance plan for their needs.

The Exchange would also allow qualified businesses and individuals to access federal tax credits available in 2014 to help make premiums more affordable.

HEALTH WATCH

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.

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.

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.