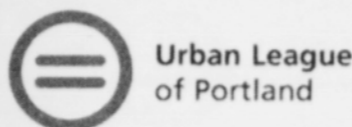


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help!**

**For more information or to  
enroll in Healthy Kids,  
contact:**

**Rachel Gilmer**  
Healthy Kids Coordinator  
503-280-2600 ext 630  
Rgilmer@ulpdx.org

# HEALTH

## Flu Shots Best Defense Against Flu

As flu season approaches, health officials say the best defense against the contagious illness are flu shot vaccinations, which Clark County Public Health Division recommends for everyone six months or older.

"Getting vaccinated is the best way to protect yourself, your family and those around you from flu," said Dr. Alan Melnick, Clark County Health Officer. "The sooner you get vaccinated, the sooner you can help prevent flu-related illness, missed school and missed work."

Health authorities said there are plenty of vaccines available for this upcoming flu season, which usually peaks between November and March.

Although each flu season is dif-

ferent, the pervasive availability of the vaccine will help decrease the number of those who fall sick to the respiratory disease, which kills and hospitalizes thousands of citizens annually.

It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu. Those with the greatest risk of complications from the flu, including infants, young children, pregnant women, those 65 and older and individuals with asthma, diabetes, heart disease and neurological and other long-term health conditions, are especially encouraged to get the vaccine.

To get a flu shot, contact your health care provider or check with a local pharmacy.

## Free Dental Services Days

The Oregon Dental Association will host their second annual Mission of Mercy event this month to provide the community with free dental services and screenings at the Oregon Convention Center at 777 N.E. Martin Luther King Jr. Blvd.

The local dental clinic Mission of Mercy will provide teeth cleanings, x-rays, fillings, extractions, and partial dentures at their portable dental stations at the event, which will be held on Monday, Nov. 21 and Tuesday, Nov. 22.

Mission of Mercy combines the donated services of hundreds of dentists, dental hygienists, dental assistants, dental lab technicians and an array of volunteers to provide these free dental services, which are offered on a first-come, first-served basis, at no charge to those who attend. Doors will open at 6 a.m.

## Energy Project Party Coming

A "Bridge the Gap" benefit for the Community Energy Project will be held on Thursday, Nov. 10, from 6 to 9 p.m. in the Kiernan Community Center at St. Andrew Church, 4940 N.E. 8th Ave.

The fundraiser will include a live auction and social gala with food and drinks, live music, specials guests, and more.

Through the Community Energy Project of northeast Portland, thousands of residents are empowered to make their homes safer and more livable, control their energy costs and conserve natural resources.

For more details and to buy tickets for the gala, visit [communityenergyproject.org](http://communityenergyproject.org).

# Readers of all ages

and all walks of life

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