

# HEALTH

## HEALTH WATCH

**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. Call Dr. Marcelitte Failla at 503-228-6140.

**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.

**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.

**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.

**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.

**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.

**Free Dental Services Day** -- The Oregon Dental Association will host Mission of Mercy dental clinic on Monday, Nov. 23 and Tuesday, Nov. 22 at the Oregon Convention Center. Teeth cleanings, x-rays, fillings, extractions and partial dentures will be performed on a first come, first-served and at no charge. Doors will open at 6 a.m.

**Senior Aerobics** -- A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.

**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 helps professionals maintain licensing or certification. For a cumulative list, visit pdxinfo.net.

**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.

## Suicide Prevention Hotline Helps Vets

Every 80 minutes an American veteran takes their own life. Now the Veterans Administration has asked Oregon Partnership to help reduce that number.

"We are thrilled to be able to use our expertise in suicide prevention to help veterans all over the country," said Crisis Lines Clinical Director Leslie Storm. "We are very plugged in on veterans' issues so we can offer real help in times of greatest need."

Oregon Partnership crisis intervention

specialists received over 19,000 suicide calls in 2011; de-escalated over 99 percent of those calls and rescued over 200 of those callers.

Working with the VA's suicide prevention coordinators, Oregon Partnership will help callers stay safe, connect them with resources and intervene if necessary to save lives.

Concerned friends of vets and family members are encouraged to call the line at 800-273-8244.

## Mental Health Mondays Offered

From the mood disorders and new street drugs to domestic violence and couples skills for relationships, Clark College's "Mental Health Mondays" series returns for winter quarter, offering insights on important social issues.

The series will begin on Monday, Jan. 23 when Laurie Ellett will focus on "Mood Disorders and Depression."

The opening session will be held in Room 213 of Gaiser Hall, also known as the Ellis

Dunn Community Room. All other winter quarter presentations will take place in the Penguin Student Lounge, located in the college's Penguin Union Building on Clark's main campus.

Events are held from noon to 1 p.m. and are free and open to the public.

Clark College is located at 1933 Fort Vancouver Way in Vancouver. For more information, visit [clark.edu/cc/mhm](http://clark.edu/cc/mhm) or call 360-992-2614.

## AIDS Vaccine Research at OHSU

Researchers at Oregon Health & Science University have been awarded an \$8 million grant to further develop a promising HIV vaccine to combat the worldwide AIDS epidemic.

The new funding from the Bill & Melinda Gates Foundation will support work to improve the vaccine delivery method. It will also support work to further increase the effectiveness of the vaccine candidate. In previous studies, the candidate vaccine's

effectiveness was more than 50 percent.

According to the World Health Organization, more than 34 million people have contracted HIV worldwide, and more than one-third of babies born in low- and middle-income countries already are infected.




The research will build on previous research conducted by Dr. Louis Picker, and colleagues at the OHSU Vaccine and Gene Therapy Institute.

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